

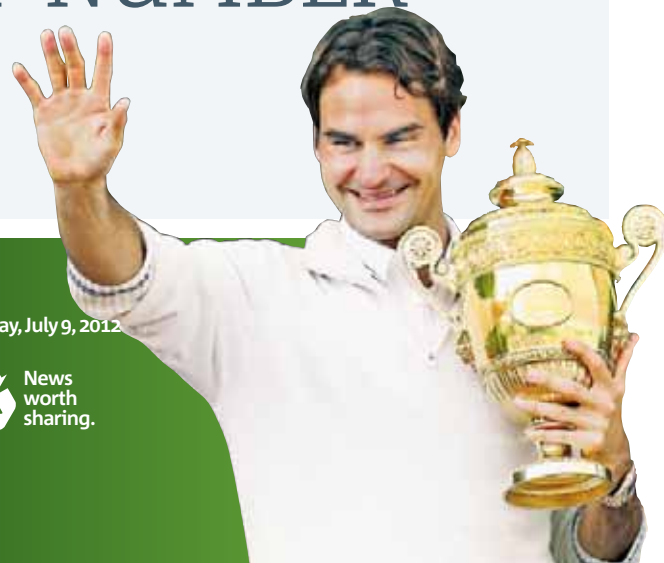


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TENNIS' TOP NUMBER

ROGER FEDERER RECLAIMS NO. 1 RANKING WITH HIS HISTORIC WIMBLEDON VICTORY PAGE 20



OTTAWA

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Monday, July 9, 2012



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Police issued an arrest warrant Friday for Nickloas Guindon-Vachon, 27, pictured here in this police handout photo. He was last seen in the early hours of Monday, July 2, shortly before his Escapade Music Festival business partners allegedly discovered \$600,000 missing from their vault. CONTRIBUTED

Police find wanted man's rental car at airport

Festival funds. But police think Nickloas Guindon-Vachon is still in the country



JOE LOFARO
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An Ottawa man wanted following the alleged theft of \$600,000 in proceeds from an electronic music festival has not fled the country, police believe.

Last Monday evening, police traced a rented GMC Yukon that belonged to Nickloas Guindon-Vachon, 27, in the parking lot of Montreal's Pierre Elliot Trudeau Airport. He is wanted by

police for theft over \$5,000 and possession of stolen property over \$5,000.

"We've confirmed as much as we could so far, and it doesn't look like he's left, so we're still under the impression that he's somewhere in Montreal," said Ottawa Police Det. Chris Lavergne.

Guindon-Vachon is one of the founders of Ottawa's Escapade Music Festival, which celebrated its third edition on Canada Day weekend at the Ottawa Stadium. His business partners contacted police when they noticed \$600,000 in proceeds and Guindon-Vachon were missing after the festival ended.

He was last seen at 5:15 a.m. at the venue carrying a large box into the white rental

vehicle. His business partner, Michael O'Farrell, said the missing proceeds are from the sale of alcohol and tickets sold at the door during the two-day festival.

Lavergne said he hopes the media attention will help find Guindon-Vachon.

"We did liaise with the Montreal police, and they did find us find the car, but at this point we don't have any other leads for them to assist us on," said Lavergne.

Anyone with information on the whereabouts of Guindon-Vachon is asked to contact the Ottawa police central-district investigation section at 613-236-1222, extension 5166 or Crime Stoppers at 613-233-8477 (TIPS).

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Marketing effort irks residents

Rebrand. 'South Central Ottawa' moniker, touting hip urban neighborhood, not sitting well with some Centretowners

NOURAN ABDELLATIF
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Some businesses in Centretown are opposed to real-estate developer Urban Capital Property Group rebranding their neighbourhood "South Central Ottawa," even though they are featured on a website the developer set up that highlights points of interest in the area.

Herb + Spice manager Briana Faubert said it's "awful."

"It's taking away something that has been built over time," she said.

But she said she is not against condos being built in the area.

"As long as they maintain the feel of the neighbourhood and the vibe, it's not such a bad thing," said Faubert.

Black Squirrel Books owner Vaughn MacDonald said renaming the neighbourhood is "silly."

"It seems presumptuous for a company to put its stamp on the neighbourhood," said MacDonald.

A group has organized a protest for Tuesday, the same day as the developer's rebranding launch party, to speak out against the luxury-condo boom and the renaming of the neighbourhood.

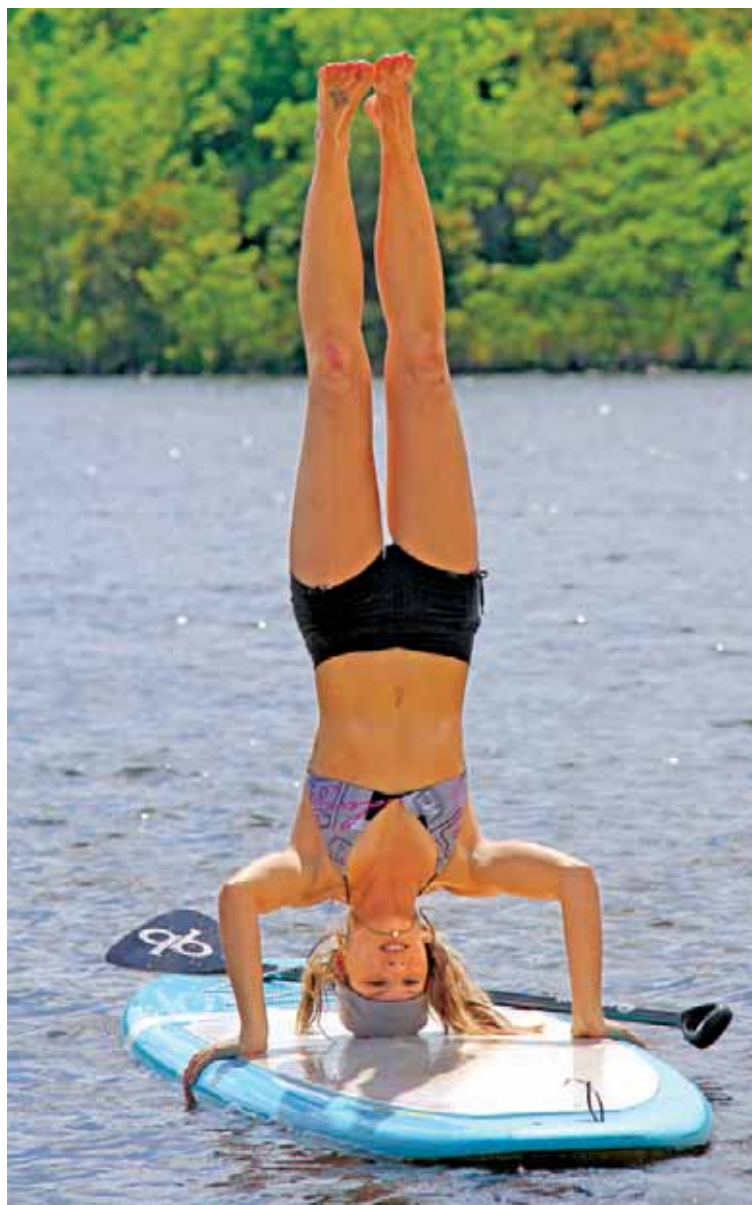
"Luxury condos mean apartment rents skyrocket, low-income tenants are forced out of the area, stores and services that don't cater to the rich close down, and our neighborhood becomes just another boring, homogenized wasteland," the protesters wrote on their Facebook event page.

Urban Capital could not be reached for comment.

Competing gatherings

- Urban Capital's south-centralottawa.com website says there will be a "South Central" neighbourhood party and asks people who want to attend to RSVP to info@southcentralottawa.com
- People opposed to the

renaming idea and the developer have organized a Facebook event titled "NO LUXURY CONDOS! Shut Down the South Central Bank Launch Party," in the same location, inviting people to protest with pots pans and drums.



Standing up for CHEO

Harmony Dawn, a certified paddle-board and yoga instructor who conducts classes on the water, demonstrates her skill after the Stand Up For CHEO paddle-board fundraiser on Sunday. The event saw about 40 people paddle surf boards up the Rideau Canal to the Chateau Laurier and back down to Mooney's Bay beach. A fundraising total was not available at press time. SEAN MCKIBBON/METRO



Chris Walsh, left, and Pascal Viens face off Sunday in a test of speed and metal — well, speed and foam, actually. SEAN MCKIBBON/METRO

Have at thee, knave!

"Fireball! Fireball! Fireball! Fireball! Fireball!"

Dressed in white with a yellow sash, the wizard rattles off the incantation and hurls what looks like a tennis ball wrapped in a red cloth across the field at an opponent with a shield and a foam sword.

A small corner of the otherwise peaceful setting of Hog's Back Park has been transformed into a medieval fantasy realm full of monks, archers, fighters and at least one druid.

"Hal!" A quick dodge and the wizard is beating a hasty retreat, moving out of the way of wild swings of a foam-

covered boomstick.

"We're LARPing," says Ken (Kismet) Walker, who is normally a software-development manager at IBM, but transforms into a druid on Sundays at 1 p.m., when the not-so-gentlefolk of the Amtgard Barony of Felfrost meet to do battle and play something akin to World of Warcraft or Dungeons and Dragons in real life.

"It's a lot of fun," says Walker, who first tried LARP (live-action role play) in Florida two years ago with his then-14-year-old son. He's been doing it ever since.

Players assume character and progress through ranks

toward knighthood based not only on accomplishments on the battlefield, but by creating armour, weapons and costumes.

Amtgard groups like the local Felfrost barony exist across North America. Players often travel to tournaments in other cities. Walker says anyone over the age of 14 is welcome to join, but minors need parents' permission.

SEAN MCKIBBON/METRO

Online

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metronews.ca/ottawa



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NEWS

On the web

Hair-raising heist

Three thieves battered through a wall and dodged motion detectors to break into a Chicago beauty-supply store to steal \$230,000 worth human-hair extensions. Read more about the heist at metronews.ca.

Disney icons take to the stage in North Korea

North Korean dictator Kim Jong Un, the son and successor of the infamous Kim Jong Il, hosted an elaborate stage performance featuring Mickey Mouse, Winnie the Pooh and Tigger, just to name a few. For the record, the Walt Disney Co. did not authorize the performance. Read more about this bizarre event at metronews.ca.

Mobile news



A man from Massachusetts has paid off his 35-year mortgage in true penny-pinching style: By making his final payment entirely with pennies — about 62,000 to be exact, weighing about 360 kilograms. Scan the code to learn more about this master copper-roller.



Christine Dwyer, left, as Elphaba, and Jeanna de Waal, as Glinda the Good, perform in the musical Wicked. CONTRIBUTED

Wicked musical a lesson of acceptance, says lead actress

Timely themes.

Award-winning musical set to hit NAC stage with powerful message for youth



JOE LOFARO
joe.lofaro@metronews.ca

At a time when bullying is at the forefront of discussion among youth, the showing of the musical Wicked in Ottawa will teach kids a universal lesson of acceptance, says

Quoted

"This is a great show to bring kids to really teach them that lesson of don't judge a book by its cover."

Actress Christine Dwyer

lead actress Christine Dwyer.

The Boston native plays the green-skinned protagonist Elphaba in the musical based on the 1995 Gregory Maguire novel Wicked: The Life and Times of the Wicked Witch of the West.

The show will run at the National Arts Centre beginning Wednesday.

"This is a great show to bring kids to really teach them that lesson of don't judge a book by its cover," said Dwyer.

"That's a great lesson in this show I think we can all relate to because I feel like everyone at some point has felt like a little bit of an out-cast."

Dwyer worked her way up to the "dream role" of Elphaba following a two-year stint as an understudy of the character.

She said a lot of people can relate to her character if they've ever felt bullied or just different.

Ticket information

- Wicked will run until July 29. Tickets can be purchased at ticketmaster.ca, by phone at 1-888-991-2787, or at the NAC box office.

"Everybody has their green, whether it actually be the colour of your skin, the place you come from, being from a different company or having a different sexuality," said Dwyer.

"All these things are encompassed in what we call green in the show."

The show has something for everybody, she said, including humour, a story about friendship, dancing, singing and all the familiar faces from The Wizard of Oz.

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Turning Bluesfest up to 11

Dave Murray, left, and Steve Harris of Iron Maiden look like they're having fun as they rock out at the RBC Royal Bank Bluesfest in Ottawa on Saturday. The Ottawa Bluesfest is ranked as one of the most successful music events in North America. PATRICK DOYLE/OTTAWA BLUESFEST/THE CANADIAN PRESS

Three men injured

Charges laid in stabbing incident

Three men were sent to the hospital with non-life-threatening injuries after a stabbing incident in Centretown, Saturday. Ottawa police have charged Yusuf Adan, 45, with possession of a dangerous weapon, two counts of aggravated assault and assault with a weapon, and three counts of breaching probation.

NOURAN ABDELLATIF/FOR METRO

Anti-fraud efforts

Beware fake-fine phone fraud: Cops

Ottawa police warn a fraudster is calling residents and telling them to pay a fine or the police will come to their homes. The caller, who uses a call display 1-911-111-1111, then directs people to a money-wiring service. If anyone receives these kinds of calls, they should contact the Canadian Anti-Fraud Centre.

NOURAN ABDELLATIF/FOR METRO

Lotto Max

Do you have a winning ticket?

Someone in Ottawa could be holding the winning ticket to \$1 million in the July 6 Lotto Max draw. The main \$50-million jackpot went to a Quebec player, but one of the winning \$1-million tickets was sold here in Ottawa. Ontario players won \$9 million collectively. Next week's Lotto Max jackpot is estimated at \$43 million.

NOURAN ABDELLATIF/FOR METRO

Death toll tops 170 in Russian floods

Black Sea region.

President Putin orders investigation into whether enough was done to protect citizens

Russia's president moved quickly to address anger over the deaths of at least 171 people in severe flooding in the Black Sea region that turned streets into swirling muddy rivers and inundated thousands of homes as many residents were sleeping.

Vladimir Putin, who was criticized in past years for a delayed or seemingly indifferent response to disasters, flew to the region in southern Russia, committed to showing he was taking charge of the situation.

He ordered the head of Russia's investigative agency to establish whether enough had been done to warn people about the floods. Federal prosecutors also said they were investigating whether the population had been properly protected from "natural and technological catastrophes."

Russia has seen a series of natural and man-made disasters in recent years, many of them blamed on aging infrastructure or lax safety rules.

Elsewhere ...

In India, the death toll has risen to 121 as damage mounts from monsoon floods that devastated the northeastern state of Assam.

- About half of the 2.2 million people who were displaced remain in makeshift shelters or with relatives or friends.
- The central government has offered \$90 million in aid to the agricultural state, where at least 627,600 acres of rice fields and other crops have been affected.

ters in recent years, many of them blamed on aging infrastructure or lax safety rules.

The Interior Ministry said Sunday that 171 bodies had been recovered, 159 of them in and around Krymsk and 10 in Gelendzhik, including five who were electrocuted after a transformer fell into the water. The majority of the dead were elderly who were unable to escape the sudden deluge.

THE ASSOCIATED PRESS



A local resident stands at a flooded house in Krimsk, Russia, on Sunday. IGNAT KOZLOV/THE ASSOCIATED PRESS

Rescued aid worker taking break



Canadian Steven Dennis, 37, arrives by helicopter at Wilson airport in Nairobi, Kenya, on July 2. KHALIL SENOSI/THE ASSOCIATED PRESS

A Canadian aid worker who was kidnapped in Kenya says he's taking some time off to think about the future.

Steven Dennis, 37, was one of four workers kidnapped June 29 and rescued in Somalia just days later.

The Toronto man told a news conference Sunday that he's grateful for the rescue effort.

Dennis says kidnappings are one of the risks of aid work and he will re-evaluate whether he wants to continue taking that kind

of risk. He's taking a few months off and not making any plans.

The four workers were rescued last Monday after three days in Somalia, when authorities swooped down on the group, killing one kidnapper.

Also kidnapped and rescued were Qurat-ul-Ain Sadazai, 38, of Gatineau, Que., Astrid Sehl, 33, of Norway, and Glenn Costes, 40, a Filipino, who was shot and injured during the initial kidnapping. THE CANADIAN PRESS

Afghanistan. Donor nations promise aid will stay after troops leave

Canada and other major donors sought to assure Afghanistan that development aid will not dry up when foreign troops leave the country by pledging billions of dollars through 2015, on the condition the money is not squandered through corruption or mismanagement.

The country is highly dependent on foreign aid, and there is concern Afghanistan could descend into chaos if the

government cannot support itself after most NATO troops withdraw in 2014.

Donors from around 70 countries and organizations pledged \$16 billion in development aid for Afghanistan on Sunday at a one-day conference in Tokyo. Canada will contribute an extra \$227 million in development aid between 2014 and 2017. THE CANADIAN PRESS/

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Islamists stage massive demonstration

Pakistan. Uproar follows decision to allow NATO countries to resume shipping supplies through country

Thousands of hardline Islamists streamed toward Pakistan's capital in a massive convoy of vehicles Sunday to protest the government's decision to allow the U.S. and other NATO coun-

tries to resume shipping troop supplies through the country to Afghanistan.

The demonstration, which started in the eastern city of Lahore, was organized by the Difah-e-Pakistan Council — Defence of Pakistan Council — a group of politicians and religious leaders who have been the most vocal opponents of the supply line.

Pakistan closed the route in November in retaliation for American airstrikes that killed

Quoted

"By coming out on the streets, the Pakistani nation has shown its hatred for America."

Difah-e-Pakistan leader, Maulana Samiul Haq.
Known as the father of the Taliban

24 Pakistani troops. Following months of negotiations, Islamabad finally agreed to reopen

the route last week after U.S. Secretary of State Hillary Rodham Clinton apologized for the deaths.

Clinton met with Pakistani Foreign Minister Hina Rabbani Khar for the first time since the apology Sunday on the sidelines of an Afghan aid conference in Tokyo and expressed hope that resolution of the supply line conflict would lead to better relations between the troubled allies.

THE ASSOCIATED PRESS



Protesters rally in Lahore, Pakistan, Sunday. K.M. CHAUDARY/THE ASSOCIATED PRESS

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Syria. Assad rejects comparisons to other Arab nations in rare interview

Syrian President Bashar Assad said in an interview broadcast Sunday that he is not afraid of meeting the same fate as the deposed and disgraced leaders of Libya and Egypt, saying he has nothing in common with them.

In one of his rare interviews with Western media since the deadly uprising in Syria erupted last year, Assad brushed off a question about whether he feared for his family, including his wife and three children.

"It's a completely different situation," he told German broadcaster ARD. "What's happening in Egypt is different from what is happening in Syria ... You cannot compare," he said.

He also rejected any comparisons with Libya, where rebels helped by NATO air strikes toppled the regime. Libyan leader Moammar Gadhafi was killed while fleeing advancing opposition fighters.

"Describing what happened to al Gadhafi, this is savage, this is crime," he said in the interview that was conducted in English.

The 16 months of upheaval in Syria, spurred by the Arab



Syrian President Bashar Assad
THE ASSOCIATED PRESS

Spring's pro-democracy movements across the Middle East, have left well over 14,000 people dead, according to activists. They accuse the autocratic ruler of crushing legitimate protests seeking reforms by waging a war against his own people.

But in the interview, the 46-year-old Assad, who has ruled Syria since taking over from his father in 2000, accused the U.S. of fueling the uprising, saying that Washington ultimately bears responsibility for the deaths of innocent civilians in the Middle Eastern nation.

THE ASSOCIATED PRESS

Egypt

Emergency meeting

Egypt's official news agency says the country's top generals are holding an "emergency meeting" to discuss the surprise decision by the president to recall the dissolved, Islamist-dominated parliament. Last month, the then-ruling generals ordered the legislature dissolved following a ruling by Egypt's highest court that a third of the parliament's members were illegally elected.

THE ASSOCIATED PRESS

Syria

Flexing their military muscle

In a show of force, Syria began large-scale military exercises Sunday to simulate defending the country against outside "aggression." Damascus' staunch ally Iran warned of a "catastrophe" in the region if no political solution to the 16-month-old Syrian conflict is found. Tehran is Syria's closest ally, and has stood by President Bashar Assad's regime throughout the revolt against his rule despite a growing chorus of international condemnation.

THE ASSOCIATED PRESS

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Taxman's pilot project exposes unreported tips

Canada Revenue Agency. Auditing blitz in St. Catharines, Ont., finds 'surprising amount' of unreported income by staff

A blitz by Canada Revenue Agency auditors on an unfortunate group of waiters and waitresses in one Ontario community has exposed "very surprising" amounts of unreported tips and gratuities.

The pilot project targeted 145 servers in just four restaurants in St. Catharines, Ont.

Auditors reviewed two years' worth of income and found that every individual had hidden some portion of their tips from the taxman, with about half reporting no tips whatsoever.

In the end, the blitz flushed out \$1.7 million in unreported tips and gratuities — almost

Underground economy

The Statistics Canada study, using macro-economics rather than direct measurements, estimated undeclared tips were worth some \$1.3 billion in 2008 — a small fraction of the underground economy.

- A spokeswoman for the Canada Revenue Agency said officials are still reviewing the pilot project before deciding next steps.

\$12,000 for each person.

"Our results indicate that tips are more likely to be 100 per cent to 200 per cent of ... wages. In essence, they are only reporting five per cent to 10 per cent of earned tips/gratuities," says an internal report on the project.

The auditors conclude: "The

amount of unreported income was very surprising."

The Canadian Press obtained a heavily censored copy of the 2010 report under the Access to Information Act, after an 18-month delay by the Canada Revenue Agency that violated legislated deadlines.

The St. Catharines' blitz was among dozens of pilot projects across the country that targeted the underground economy, estimated to be worth as much as \$36 billion in 2008, according to a Statistics Canada study prepared for the revenue agency.

The other projects, which also reported in 2010, focused on the trucking industry, house-flipping, electronic sales suppression or cash-register zapping — even Quebec's maple-syrup industry.

The tax agency has long known that the hospitality industry is rife with tax-reporting abuse, partly because tipping is often done using cash.

THE CANADIAN PRESS



The fabric of China's fortune

A worker lays out fabric at a furniture-manufacturing factory in Zhanjiang, China. The city in Guangdong province, the heart of China's export-driven manufacturing industries, reflects the conflict between the Communist Party's need for a robust private sector and its determination to build up state-owned companies. The backbone of the local economy is private factories that employ thousands of people making furniture and traditional Chinese medicines or processing seafood. ANDY WONG/THE ASSOCIATED PRESS FILE

Tax overpayment

AIG sues U.S. feds for \$30.2 million

American International Group, the insurance giant saved by a massive federal bailout, wants some tax money back — from 1991.

AIG is suing in Federal Claims Court in Washington for \$30.2 million US. It says that's how much interest is owed from an overpayment 21 years ago.

AIG said it underpaid taxes from 1997 to 1999. But it said the government owes it interest for an overpayment in 1991. It said the two claims work out to \$30.2 million in the company's favour.

AIG's \$182.5 billion bailout was the largest of the financial crisis.

THE ASSOCIATED PRESS

Retail

Target Canada gets go-ahead

Ottawa has approved Target's plan to enter the Canadian market and sell books and other cultural products such as DVDs, music and magazines.

The plan by the U.S. retailer to open stores in Canada was reviewed under the Investment Canada Act to ensure the store's shelves will have enough homegrown content.

In approving Target, Heritage Minister James Moore said the retail chain plans to create more than 20,000 new jobs and has committed to sell uniquely Canadian cultural products in its Canadian stores.

THE CANADIAN PRESS

Aerospace

Buyer orders 15 Bombardier jets

Bombardier Aerospace says an unidentified buyer has placed a conditional order for five CS100 and 10 CS300 jetliners.

Bombardier says based on list prices for the aircraft, the contract is valued at about \$1.02 billion US.

The company says the customer is new and prefers to remain unidentified.

CSeries aircraft will enter into service late next year. With this conditional order, Bombardier has 12 customers for the planes, and nine firm orders.

The CSeries aircraft are designed for the 100- to 149-seat market.

THE CANADIAN PRESS

Lawsuit dropped. Yahoo, Facebook announce patent settlement

Facebook and Yahoo have agreed to settle a patent dispute, averting a potentially lengthy battle over the technology running two of the Internet's most popular destinations.

In dropping the lawsuits, the companies agreed to license their patents to each other. They are also agreeing to an advertising alliance that expands their existing partnership. Friday's settlement involves no exchange of money.

Now that the antagonism is dissolving into an accord that could benefit both companies, the hundreds of millions of web surfers who use both Yahoo and Facebook should find even more common ground on the two services.

The advertising alliance

Alleged infringement

10

Yahoo's initial complaint alleged that Facebook infringed on 10 Yahoo patents covering Internet advertising, privacy controls and social networks.

could help Yahoo recover some of the revenue that it has been losing as marketers shift more of their spending to a larger and more engaged audience on Facebook.

In turn, Facebook gains the opportunity to show the ads tailored to fit the individual interests of its 900 million users in other heavily trafficked areas besides its own website.

THE ASSOCIATED PRESS

Employment. Growth remains modest as Canada adds 7,300 jobs in June

Canada added a modest 7,300 jobs and the unemployment rate slipped to 7.2 per cent last month in a fresh indication the economy is straining to maintain momentum — but has not yet buckled.

The June employment number is the most up-to-date signal of how the economy is performing, and economists visibly breathed a sign of relief that the labour performance was not worse.

While the consensus estimate was for a gain of 5,000 jobs, some economists were predicted an outright decline, particularly after the stunning 140,000 gain of March and April that went against the run of weakening economic conditions.

"I'm never going to complain about a dip in the unemployment rate, and we did

Provincial rates

Canada's national unemployment rate was 7.2 per cent in June. Here are the rates in some provinces (previous month in brackets):

- Nova Scotia 9.6 (9.2)
- Ontario 7.7 (7.8)
- Manitoba 5.2 (5.1)
- Saskatchewan 4.9 (4.5)
- British Columbia 6.6 (7.4)

have a solid increase in hours worked in the month and the second quarter as a whole, which in some ways is almost a better measure," said Doug

Porter, deputy chief economist with BMO Capital Markets.

In a statement, Finance Minister Jim Flaherty said the results show the country is on "the right track," but noted the fragility in the global economy, the United States and Europe.

"That's why we remain focused on measures to grow the economy ... like the hiring credit for small business and over \$1 billion in new support for research and development," he said.

In the U.S., employers added only 80,000 jobs in June, a third straight month of weak hiring, while the unemployment rate was unchanged at 8.2 per cent.

The main surprise in the Statistics Canada report was that the unemployment rate inched lower one-tenth of a point to 7.2 per cent.

THE CANADIAN PRESS



Finance Minister Jim Flaherty
THE CANADIAN PRESS

New rules allow banks to choose dispute body

The Canadian government is proposing a set of new standardized rules to govern how complaints against big banks are handled, but Ottawa is formally giving banks permission to pick who will hear customer disputes.

The new rules follow the departure of the Royal Bank in 2008 and Toronto-

Dominion in 2011 from having complaints heard by the federally appointed Ombudsman for Banking Services and Investments (OBISI) in favour of ADR Chambers, an independent dispute-settlement service.

Although there was no specific regulation on the point, the government will now formally allow other

private agencies to enter the field of adjudicating consumer complaints as long as they meet certain standards.

Critics were quick to pounce on the announcement.

The Public Interest Advocacy Centre called the regulations weak and said they would could "destroy" OBISI since rivals more to

the banks' liking are likely to emerge.

"The bank is choosing them, the bank is paying them — it doesn't sound like an independent process to me," added NDP finance critic Peggy Nash, who called on Flaherty to reinstate the previous system back in May.

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'TEMPORARY CITY' ON LEBRETON FLATS



URBAN COMPASS
Steve Collins
ottawa@metronews.ca

I hadn't thought of the trip to Bluesfest as an intercity commute from Ottawa until I spoke to opening-night performer Grace Potter, who has played more festivals than most mortals, and sees them as "temporary cities" built on ephemeral collaborative energy, but also on nuts-and-bolts infrastructure.

"We've just played a ton of festivals, so I've seen what works and what doesn't work right down to where you put the porta-potties and the beer tent," said Potter, who translated this knowledge into opening her own festival, Grand Point North, last year.

Modern practicalities aside, though, when trying to find words for the spirit that animates a music festival, she free-associated imagery of older eras: "There's something very minstrel-like — you know, turn of the century, crazy, like, medicine-show-travelling-circus kinda thing."

Jazz bassist Dave Holland, who was artist in residence at this year's Ottawa Jazz Festival, also reached into the past to explain the phenomenon.

"Festivals, traditionally, going back in history, were a chance for people to come to the marketplace and hang out and to catch up on the news with each other and exchange ideas and so on. And I think this still goes on at festivals," he said.

"Often I see people I haven't seen for a little while and it gives me a chance to catch up with what's going on with their lives or in their music. And it's a sharing, which I think is what the music's about."

I thought of this Saturday night when I bumped into Pipe Major Bethany Bisailion of Ottawa's Sons of Scotland Pipe Band, the most badass bagpiper of my acquaintance, who further cemented her title by picking up an Iron Maiden shirt — black with white sleeves, of course.

As a temporary city, Bluesfest has a charter of written rules and also its own norms and customs. Two-fisted beer-drinking, generally seen outside the fence as a definite sign of impending doom, is accepted inside as a reasonable time-saving alternative to braving the beer line twice.

The culture shock, however, always proves toxic for some. I observed the evening's first party casualty, a twenty-something guy communing rather indiscreetly with a garbage can right beside a beer tent, at 6:56 p.m. Saturday, nearly two hours earlier than I'd spotted the same messy inevitability last year.

His performance provoked a friendly warning from security (i.e., we're all here to have a good time and please do take it easy on the refreshments) rather than the immediate ejection he could have expected in most licensed establishments back in Ottawa.

If a festival is a community, it's also a business, and, as recent events remind us, sometimes a hard-edged and unpredictable one.

Police last week issued an arrest warrant for one of the organizers of the Escapade Music Festival, whom they suspect of making off with \$600,000 in proceeds from ticket and bar sales.

Capital Hoedown founder Denis Benoit is expected to make a statement Monday on the country music festival, which in securing a venue and a lineup has run into a litany of hurdles, all while dealing with voluminous customer demands for refunds.

Bluesfest was cleared last week by the provincial Ministry of Labour in last year's near-disaster stage collapse, caused by a freak storm rather than any glaring errors on the part of organizers.

Nonetheless, the stage has this year been renamed, repositioned and redesigned. The imposing new Main Stage, actual structural improvements aside, seems intentionally fashioned to give a reassuring impression of stability.

It's easy to forget the festival, before its tangle with the weather, also weathered its own money troubles. Its aggressive 2003 expansion left Bluesfest in the red, and the 2005 incarnation went ahead only after organizers made arrangements with creditors.

Its subsequent recovery and growth into one of North America's big-league festivals should perhaps give some comfort to temporary-city builders still experiencing growing pains.

Weren't you ever told ...



STÉPHANIE KILGAST/PETITPLAT.FR

... not to play with your food?

Diminutive dinner

Micro meals make for masterful art

These delicious-looking platters look like tasty tiny treats, but, in truth, it's for your eyes only: They're made of clay. Stéphanie Kilgast, a 26-year-old French artisan from Vannes, Brittany, in northwestern France, has been making minuscule works of "food" since her childhood. Metro chatted with Kilgast about her appealing art.

METRO

Kilgast explains ...

- **How it's done.** "I sculpt using polymer clay and then bake the designs in the oven. The actual sculpting can be quick, but the composition can take some time. Very simple dishes can be done between 30 minutes and two hours."
- **It looks so life-like.** "I'm obsessed about the quality. I will rework certain items over and over again until I'm happy. I always work with pictures of real food and sometimes the real food just beside me."

- **Biggest problem.** "I get hungry! That can be problematic."
- **How it started.** "When I was a child, I did miniature food for my dolls, and have always been into arts and crafts. Later, when I was still studying architecture, I was supposed to work for the summer, but didn't find a job, so I went to my parents for seven weeks. After two days, I got bored and searched the web to find a new craft. I stumbled upon miniature food, and that intrigued me again. I started a few hours later, and never have stopped since then."

Tasty number

2

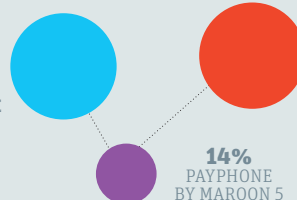
centimetres is the typical size of one miniature food dish. That's roughly the size of a regular postage stamp. Kilgast is currently working on a tutorial book on how to cook up some appetizing-looking "food."



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What's 2012's song of the summer?

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Twitter

@l_b3: Thx NCC for closing the parkways! My kids and I had a great bike ride this morning! #Ottawa #happiness

@RobDup: Vanier smells like chocolate. #ILike #Ottawa

@JenyfferNassar: Really. "Ottawa's hottest buses" #youarenotserious #ottawaproblems

@kristentenac: Gonna drink my pain away. #erik-karlsson is officially married. #ottcity #ottawasenators

@lynnsPOV: Drunken brides-to-be all EVERYWHERE #ottcity

@DusicaG: A banana walking downtown.... People are weird in this city #OttawaProblems



Chris Klein plays Oz in the American Pie franchise. GETTY IMAGES

Chris Klein is one lucky guy when it comes to American Pie

No cringe-worthy scenes. While the rest of the cast has found their characters in some compromising scenes, Klein's Oz has escaped unscathed

Jim cosied up to pie, Michelle dropped her band-camp flute bomb, Finch romanced Stifler's mom, and Stifler had a whole host of sight gags.

But in the history of the American Pie comedy film franchise, fellow character Oz hasn't done anything terribly embarrassing, much to actor Chris Klein's relief.

"I kind of feel like in this franchise I dodge a bit of a bullet playing Oz, because he doesn't necessarily get himself into the real zany humour of the whole thing," Klein said in a recent telephone interview.

Still, Klein did have to learn a "ridiculous hip-hop dance routine" for American Reunion, which comes out on DVD, Blu-ray, and on demand on Tuesday. The scene involves Oz, the former high-school jock and choir member, going on a televised dance competition.

Klein said when directors Jon Hurwitz and Hayden Schlossberg pitched the idea to him over lunch, he laughed so hard people from other tables were staring at him.

"I really went for that in a very, very big way."

But not so big that he's brought those new moves to the dance clubs, he noted.

"Listen, I keep my dancing strictly for the comedy set lest I set myself up for massive amounts of mockery, because one thing I learned about hip-hop dancing is that a six-foot-tall, 205-pound man has no business doing hip hop, especially at 32," said Klein.

"Maybe at 22 I might've been able to pull it off, but hip hop is a young man's game and I will definitely sit on the sidelines when it's for real."

In American Reunion, all the characters from the hit original 1999 film come together for one wild weekend at their Michigan high school.

"To be a part of something that has transcended three generations of fans is such an incredible thing and I would definitely be stoked to do it again," said Klein.

THE CANADIAN PRESS

Reunion

The pie that binds them together

American Reunion is one of three sequels in the franchise after American Pie 2 and American Wedding. The franchise also has four spin-off films.

Chris Klein said he and his castmates from the original '99 film have remained "incredibly close" over the years and have a "very cohesive, incredibly unique relationship and bond based on these movies."

He wasn't in American Wedding, so this latest film marked the first time he got to work with the Pie crew in over a decade.

"These are men who I cannot see for however long and when we come back together, whether it be for a dinner that we had planned or whether it be for another movie in the American Pie franchise, we pick up right where we left off, like no time has passed at all," said Klein.

2

SCENE

Box office

Spider-Man climbs to top of box office

Your new friendly neighbourhood Spider-Man has spun himself a \$65 million opening weekend and \$140 million in his first six days at U.S. theatres. Worldwide, The Amazing Spider-Man has climbed to \$341.2 million. The movie started off as a smaller domestic moneymaker than the previous three Spidey films, but it laid to rest objections that it was too soon to relaunch the superhero franchise.

The new origin story for the Marvel Comics web-slinger comes just five years after Tobey Maguire and Sam Raimi's Spider-Man 3. Oliver Stone's drug-war thriller Savages opened at No. 4 with a solid \$16.2 million weekend. The concert film Katy Perry: Part of Me failed to pack in the pop star's fans, debuting far down the chart with just \$7.2 million.

THE ASSOCIATED PRESS

Comic-Con: The ultimate mecca for geeks

Football fans have the Super Bowl. Soccer enthusiasts have the World Cup. Cinephiles have the Academy Awards.

For pop-culture lovers — the self-professed geeks and nerds who delight in fantasy-inspired fun from anime to zombies — there is Comic-Con, the Olympic-sized celebration of movies, TV, video games, costumes and pop art that began as a humble comic-book convention 43 years ago and is now an annual marketing extravaganza.

From Thursday to Sunday, more than 100,000 pop-culture aficionados will flood the San Diego Convention Center in San Diego, Calif., showing off their Storm Trooper suits, play-

ing yet-to-be-released video games and attending panels featuring A-list filmmakers like Peter Jackson and such hot TV shows as Game of Thrones.

But first comes Wednesday's "preview night." Available only to those who bought four-day passes to the sold-out convention, the showing is decidedly low tech, yet high end: it's all about collectible toys. On display will be special-issue, limited-edition playthings and books made just for the pop-culture fest.

These include not only the unique freebies that various booths are giving away, but also coveted collectibles.

THE ASSOCIATED PRESS



The best of Comic-Con might be on Wednesday's 'preview night' where four-day pass holders get first peek at the collectibles. THE ASSOCIATED PRESS

Who are the collectors?

Most toy collectors are men ages 25 to 40, though women are getting into the hobby in growing numbers, says Scott Neitlich, a marketing manager at Mattel. "It's not just about the physical price of the product, but the emotional connection each collector has about what figures they've decided to include," he says. "It's people who grew up in the '70s and '80s who now have disposable income to recapture their youth."

On the web



Canadian filmmaker wins directing prize at Karlovy Vary film festival



20

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Cruise lays low while speculation swirls around divorce case

While estranged wife Katie Holmes has been out and about in New York City since filing for divorce, Tom Cruise has been lying low.

"It's not Tom's style to do this publicly. He is really sad about what's happening," his lawyer, Bert Fields, tells BBC News. "We are letting 'the other side' play the media until they wear everyone

out, and then we'll have something to say."

Cruise is expected to file his own divorce papers in response to Holmes' filing, in which she requested sole legal custody of their 6-year-old daughter, Suri.

"Tactically, we can't say where Tom will file a divorce case and if he'll be seeking joint custody of Suri," Fields says.



Katie Holmes. ALL PHOTOS GETTY IMAGES

What do Katie, Nicole and Mimi have in common — besides Tom Cruise?

Some eagle-eyed gossip-watchers have noted that all of the actor's wives — Mimi Rogers, Nicole Kidman and now Katie Holmes — have called it quits with him at the age of 33.

Just an odd coincidence? Maybe not. In a recent survey conducted by British social-networking site Friends Reunited, 70 per cent of re-

spondents over the age of 40 claimed they weren't truly happy until they turned 33.

"By this age innocence has been lost, but our sense of reality is mixed with a strong sense of hope, a 'can-do' spirit, and a healthy belief in our own talents and abilities," psychologist Donna Dawson says in the survey's findings.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Justin Bieber

Biebs blames his need for speed on pursuing paparazzi

Justin Bieber's need for speed got him in a bit of hot water late last week when he was pulled over and cited for going more than 100 miles per hour in his \$102,000 Fisker Karma sports car on the 101 freeway through the San Fernando Valley, according to E! News.

But he apparently wasn't just out for a joy ride, as Bieber reportedly told California Highway Patrol officers that he was evading

pursuing paparazzi.

Whether or not that's true, his driving clearly frightened other drivers, including L.A. City Councilman Dennis Zine. "It was a very dangerous, chaotic situation," Zine tells E! "When he passed me, he was ... driving in a careless, reckless fashion."

Zine says that when he called 911, the operators informed him that they'd already received 10 calls about Bieber's speeding.



Ringo Starr

All Ringo wants for his 72nd birthday is some peace and love

The 1960s mop top is gone, but Ringo Starr is still flashing a peace sign. The former Beatle marked his 72nd birthday Saturday by holding a "peace and love" moment at noon. He asked people world-

wide to do the same at 12 o'clock in their time zones. The idea came to him in 2008 when an interviewer asked him what he wanted for his birthday. Since then, he has held events each year. **THE ASSOCIATED PRESS**

Humphries stands alone

THE WORD

Monica Weymouth
Metro World News in New York

It seems everyone has had enough of Kris Humphries. After reports that his Kim Kardashian rebound, ex-girlfriend Myla Sinanaj, is pregnant, his publicist dropped him as a client.

"They went different ways because Kris was becoming too much to handle. These stories about him (dating) girls would pop up (in the press), and he'd deny it — then it would turn out to be true," a source tells Life & Style.

"Kris tries to put on this innocent, good-hearted image, but as you get to know him, it just doesn't turn

out to be true."

Unfortunately, being a scheming drama queen won't get you fired from this page. Kris, buddy, we'll check in tomorrow.

Want to hang at home with Gwen Stefani?

After fellow celebs George Clooney and Sarah Jessica Parker invited the Obama campaign over for a party, Gwen Stefani is hosting a Family Fun Day at her home with Michelle Obama. For \$1,000, a family of four can head over to enjoy some "child-friendly campaign fun" at her L.A. mansion on August 12.

Does this include playing dress up with her No Doubt wardrobe? If so, completely worth it — and dibs on that polka-dot Don't Speak dress.

Twitter



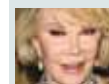
@RedHourBen

Watching Die Hard W/ a Vengeance on broadcast TV. "Yippy-ky-yay MY FRIEND" doesn't quite pack the same punch.



@MissKellyO

Really? The a-hole in front of me almost knocked me out putting her seat back Might get a black eye Im going 2 kick her seat all the way to LA



@Joan Rivers

I love performing on Cape Cod!!! It's the most popular tourist destination for gay men, if you don't count John Travolta's hotel room.



@ConanOBrien

Justin Bieber's new album is not selling as well as expected. Think how bad it would be doing if I hadn't bought 50,000 copies.

Clean up

No Popsicle mess

Popsicles are great in the summer, but they can be super messy. Combat this by cutting a little slit in the middle of a cupcake liner and then slipping the Popsicle stick through the slit. The cup will catch all of the drips! **KAREN HUMPHREY, YUMMYMUMMYCLUB.CA**



Catching the drips is simple with a cupcake liner. **ISTOCK**

Iced coffee fix

Great to last sip

Does your iced coffee start out perfectly brewed but then rapidly become nothing but a glass of mostly water thanks to those pesky melting iced cubes?

Try making your ice out of coffee instead of water! Brew your coffee, pour it into ice cube trays

and freeze. When you pop the coffee cubes into your iced coffee, your drink will maintain its full strength as you sip away.

Keep plenty of coffee cubes on hand in your freezer to keep you going all summer long! **JEN CHARON, YUMMYMUMMYCLUB.CA**



Avoid watered down ice coffee with coffee ice cubes. **ISTOCK**

It's DIY childrens' meals

Baby food. Making your little one's food doesn't have to be all that intimidating

SARAH DEVEAU

yummymummyclub.ca

Making your own baby food is quick, cost-effective and rewarding. All you need is a blender or food processor, a steamer basket and ice cube trays.

Pick up a few vegetables and fruits — broccoli, carrots, cauliflower, peas, sweet potatoes, apples, mango. Anything except citrus fruits will do.

Clean and peel the food, steam it in separate batches, and then puree it in a blender

Essential tips

- **Safety.** Practice safe food-handling procedures.
- **Brush.** Scrub fruits and veggies very well with a vegetable brush.
- **Mashing.** Soft fruits like bananas need only be mashed. Hard fruits should be cooked first.
- **Less is more.** Don't add salt and sugar.



Making baby food at home only requires a few tools. **ISTOCK**

or food processor until it is smooth. Spoon the purees into ice cube trays, cover with plastic wrap and freeze. Once frozen, dump the cubes into labelled freezer bags. They'll keep for up to three months.

In less than two hours, you can make enough food for baby for a month.

To prepare food from frozen, remove the required cubes and thaw them overnight in a

small container in the fridge. Initially, baby may only eat half a cube or less, but will soon move up to a cube or two or more of different foods.

Making your own baby food will trim between \$10 to \$15 a month off your food budget, or more as baby consumes more. Quality and taste are also among the reasons most parents give for making their own baby food. By making your own

baby food, you'll have greater control over what your children eat, and their taste buds can be exposed to foods the rest of the family already enjoys.

You'll also make fewer trips to the grocery store, saving yourself the hassle of lugging home and then recycling all those little jars.

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Activities

Get their hands dirty

Summer is about memories and exploration. Mess can help to remove inhibition and allow kids to learn more about themselves.

Let them get messy!

Body painting with pudding

Pudding is edible (obviously!), which is both yummy and safer for young ones who get right into sensory activities with all their taste buds!

Mud pie madness

Whether it's splashing in an old-fashioned nature-generated mud puddle or self-creating one with water and dirt, mud is a joy of childhood that should not be missed. Dirt can be squished and built into structures like sand castles.

Finger painting foolin'

One of our favourite things to do is create massive murals with finger paint. Roll out long rolls of paper outside and tell your children to create a masterpiece. Look around the garden for natural inspiration and paint with a pinecone or stamp with a dandelion head — experiment. And, get messy!

MOMSTOWN

3

LIFE

Battle the heat

Places to cool down the kids

It's summer in Canada — and it's hot! Here are some cool places to take hot kids:

1. **The public library.** It's cool and free. It also has a great kids section of books, colouring books and magazines. It even has reading time drop-ins.
2. **Mall walking.** Stroller walking a mall is great exercise (and it's air conditioned).
3. **Play date.** Have a buddy over to play. Break out the sprinkler, buckets of water or the baby pool.
4. **Crafts in the cool basement.**
5. **Swim in the bathtub.** Cool the hot kids off with a swim in the bathtub. It takes the chore of a bath and turns it into fun when you do it in the middle of the afternoon, while wearing a swimsuit!

And remember, whether you stay home or go out — drink lots of liquids (both you and the kids) to keep hydrated.

CAROLINE FERNANDEZ, YUMMYMUMMYCLUB.CA

On the Web



Early full-term babies may face later academic woes; more time in womb is better, study says

You're six tips away from better family photos

Your kiddos are finally not screaming.

You grab your camera and think, "I only get one shot. Once they hear that little 'click,' the calmness turns to chaos." You take a chance — click — chaos ensues.

Sadly though, your picture isn't quite how you imagined it. Maybe it is too dark or too bright or it's all fuzzy. Let's fix that.

Here are some tips and tricks to taking better pictures of your kiddos:

Always be prepared

Having your camera with you at all times (with totally

charged batteries and empty memory cards) is key.

You never know when those "special moments" will happen!

One rule for most photographers is quantity then quality. Take lots and lots of pictures to ensure that you get one that is just right.

Make a date with your camera

Set aside some time to go over the manual and the camera together. Read and practice at the same time.

Knowing how your camera works always helps when you want to take a picture.

Find the light

Photography is all about lighting and finding the best light is key to getting amazing images.

For most photographs, you want soft lighting. To avoid shadows popping up in images, make sure that there are no bright sunbeams shining onto your subject.

When you are outdoors, find some open shade instead of direct sunlight. This will make a world of difference in your final images.

Take the time to focus

It is imperative that you take the time to focus on

the image you want to capture.

On most cameras this means pushing the shutter button half-way and letting the camera do its thing.

Once you're happy, push the button the rest of the way down and wait until you hear the click.

When focusing for portraits, make sure that your focus point is placed on the subject's eye.

Think outside the box

Once you find the best light for the image you're looking to get, just get your subject in it and YOU do

the moving around.

Get lots of different angles and don't be afraid to think outside the box. Sometimes an off-centre image is more intriguing than a straight-on one.

Variety is important

When you look back at your images you want to remember all the tiny details about your little one, you also won't want all your images to look the same.

Don't forget about babies' little feet and hands, tiny noses, and squishy lips!

NICOLE HERDMAN, YUMMYMUMMYCLUB.CA

Give the traditional burger a Mediterranean makeover



This recipe serves four and takes less than 30 minutes to make. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

Giving Mediterranean flavour to a traditional burger is perfect for a summer barbecue. The sauce is a must and if you want a bun, go for a multi-grain one.

1. Burgers: Combine the ground beef, egg, dried basil and oregano, bread crumbs, ketchup, garlic, onion and

feta in a large bowl and shape into 4 burger patties. Grill or sauté in a pan lightly coated with cooking spray. Cook on 1 side for 7 minutes, then turn over and cook 3 to 5 more minutes or just until beef is done.

2. Combine all the sauce ingredients in a food processor and purée until smooth.

3. Serve the burgers with the sauce and garnish with fresh basil or parsley. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

Ingredients

Burgers

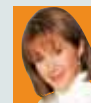
- 1 lb extra-lean ground beef
- 1 egg
- 1 tsp dried basil
- 1/2 tsp dried oregano
- 3 tbsp seasoned dry bread crumbs
- 3 tbsp ketchup
- 2 tsp finely chopped garlic
- 1/4 cup finely chopped onion
- 1/4 cup crumbled feta cheese

Sauce

- 1/4 cup crumbled feta cheese
- 1/4 cup light cream cheese, softened
- 3 tbsp low-fat plain yogurt (or sour cream)
- 1/2 tsp finely chopped garlic
- 1 tbsp lemon juice
- 1 tbsp water
- 1/2 tsp dried basil
- 3 tsp chopped fresh basil or parsley (for garnish)

Healthy eating

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Everyone loves heading to Dairy Queen for sweet treats. Believe it or not, some are actually healthier than others.

Dairy Queen hot fudge shake (med)

770 calories/ 29 g fat/ 21 g sat fat/ 96 g sugar

The word "shake" always means you should watch out. Ice cream and excess chocolate sauce gives you half your day's calories and two days' worth of sugar.



Equivalent

One medium Dairy Queen hot fudge sundae is equal to 22 pieces of bacon-wrapped scallops from M&M Meatshop in calories.



Dairy Queen hot fudge sundae (med)

447 calories/ 15 g fat/ 10 g sat fat/ 57 g sugar

The sundae consists of vanilla soft serve with sauce. Try a small or ask for less sauce to make a difference.



Apple Phyllo Cigars. Use fave Greek dough for treat



1. In bowl, stir sugar, cinnamon and nutmeg. In skillet over medium heat, toss apples with 1 tbsp of sugar mix and salt. Sauté until tender, 4 mins.

2. In cup, mix lemon juice, water and cornstarch. Stir into apples and cook for 30 seconds. Remove and allow to cool.

3. To assemble cigars: Heat oven to 400 F. Coat baking sheet with cooking spray. Evenly stack 4 sheets of phyllo dough. With paring knife, slice stack in half lengthwise. Remove one half sheet from stack. Cover rest with plastic wrap, then damp kitchen towel.

4. Spoon 1 tbsp of apple filling across one of the short ends of phyllo dough. Spritz dough lightly with cooking spray and sprinkle lightly with about 1/2 tsp of reserved spiced sugar.

5. Starting with apple end, roll

up pastry sheet to create log with apples in middle. Place cigar on baking sheet, with loose end down. Repeat with remaining apple filling, sugar mixture and pastry sheets.

6. Spray tops of cigars lightly with cooking spray and sprinkle with a bit more of the sugar. Bake 15 mins., or until golden. Serve warm. **THE ASSOCIATED PRESS**

Ingredients

- 1/4 cup sugar
- 1/2 tsp cinnamon
- 1/4 tsp ground nutmeg
- 2 Gala apples, peeled, cored and diced
- Small pinch salt
- 1 tsp lemon juice
- 1 tsp water
- 1 tsp cornstarch
- 4 sheets phyllo dough
- Cooking spray

While everyone on the block is doing burgers and dogs, steaks and chops, set yourself apart this summer and grill up something a little bit different.

Lamb kebabs are inexpensive, yet delicious and richly flavoured meat that's perfect for the grill.

To make these kebabs shine, go with a yogurt marinade using classic Greek flavours. The result is a tender, robust kebab with bold, yet fresh flavours.

Even better is that these kebabs can be prepped a full day ahead. The longer the meat bathes in the yogurt sauce, the better the flavour.

1. In a large bowl, mix together the yogurt, garlic, lemon zest and juice, oregano, chives, salt and pepper. Pour half of the yogurt sauce into a bowl, cover and refrigerate. Add the lamb meat to the remaining yogurt sauce in the bowl and mix to coat well. Refrigerate for at least 1 hour and up to 24.

2. When ready to cook, heat the grill to medium-high. Using an oil-soaked paper towel held with tongs, oil the grill grates.

3. Remove the lamb from the yogurt sauce. Thread the meat onto skewers, alternating with chunks of green bell pepper. Grill the kebabs for 5 minutes per side, turning to cook evenly.

4. Serve the kebabs sprinkled with chopped fresh herbs and lemon wedges for squeezing over them. Serve with the reserved yogurt sauce.

THE ASSOCIATED PRESS

Ingredients

- 2 cups plain low-fat Greek yogurt
- 4 to 5 cloves garlic, minced
- Zest and juice of 1 lemon
- 2 tsp chopped fresh oregano
- 1 tbsp chopped fresh chives
- 1 tsp salt
- 1/2 tsp ground black pepper
- 2 lbs lamb loin, cut into 2-inch chunks
- 2 green bell peppers, cored and cut into large chunks

To serve:

- 1/4 cup chopped fresh herbs, such as oregano, parsley, chives and thyme
- 1 lemon, cut into wedges



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

It's healthy to walk to school

Reduce your footprint. Canada Walks is raising awareness about the benefits of active transportation

BEN KNIGHT

green@metronews.ca

Walking to school is simple, healthy and fun. And a large number of Canadian kids never do it.

"Unlike other countries, Canada hasn't paid much attention to the issues that people have when they travel on foot," says Jacky Kennedy, director of Canada Walks.

"At some point in our day, everybody does it, but it's the most under-represented, ignored mode of transportation."

Canada Walks — part of the umbrella organization Green Communities Canada — is trying to raise awareness of the benefits of active transportation — walking, cycling and rollerblading. They're trying to reach the



Be happier, healthier and stress free — take a walk. iStock Photos

parents of the 41 per cent of children who are routinely

driven to school.

"Pretty much what our so-

ciety has done, over the last 30 years, is we've engineered

By the numbers

68%

Number of Canadian kids who live within walking or biking distance from their schools. Two-thirds of them now get driven to school.

physical activity out of our children's lives," Kennedy explains.

"Our program targets the 68 per cent of Canadian children who live within a reasonable walking distance of their schools — about one-and-a-half kilometres. Only about 30 per cent of those currently use active travel to get to and from school."

There are a lot of reasons why this is. Parents worry about the safety of their kids, and there's a compelling level of convenience to just dropping your children off at school, and driving on to the rest of your day.

Kennedy counters that this caution and ease has its consequences.

"Children need a minimum of 90 minutes of physical activity a day, and we know that many children aren't getting that. If they walk to school, there isn't a problem with burning off their excess energy."

Canada Walks does detailed assessments of the community surrounding a school. Are the walking and biking routes safe? If so, they organize programs like the Walking School Bus, where groups of children walk home together, accompanied by adults.

Another program is Walk on Wednesday, where as many children as possible are asked to walk to school on the same day. With repetition, parents begin to see the health benefits — and it's hard not to notice a substantial drop in car traffic around their school.

"Parents and kids who are using active transportation some of the time are happier, they're less stressed, they feel healthier and the kids are doing better in school," Kennedy notes.

For more info, visit saferoutestoschool.ca.

Queen of Green

Circling the drain issues with cleaners



QUEEN OF GREEN

Lindsay Coulter
green@metronews.ca

How can I unclog a drain without using toxic chemicals?

Christine of London, Ont. Chemical drain cleaners are some of the most toxic household cleaning supplies lurking under your kitchen sink. It's best to avoid them.

Many drain openers contain sodium hydroxide (also known as lye and caustic soda). It's highly corrosive, can burn eyes, skin and lungs and is a respiratory irritant. Long-term exposure in the air may lead to ulceration of the nasal passages and chronic skin irritation. Prevention is the key to keeping your drains clear. Use a drain basket or screen to keep hair and food scraps out.

It's a quick and cheap solution since 99 per cent of the time your drain is clogged with these pesky organics (often well coated in soap scum).

And, never pour grease down the drain. It will coat your pipes and you'll regret it. A plunger or snake is a



simple mechanical solution, or try my simple home remedy with food-grade ingredients!

You'll need one cup of white vinegar, half a cup of baking soda and four cups of boiling hot water.

Step 1:

Sprinkle the baking soda down the drain.

Step 2:

Pour the vinegar down the drain and watch it fizz for five to 10 minutes.

Step 3:

Chase the first two ingredients with boiling water (careful not to burn yourself with the steam). This recipe will work best when used regularly, say monthly, and once you've removed any

large bits of debris from your kitchen or bathroom sink manually.

And beware of sodium hydroxide in other cleaner products like oven cleaners, bathroom cleaners, disinfectants and toilet-bowl cleaners. Make my simple green cleaning recipes instead, which you can find at queenofgreen.ca.

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We can (have it all), but we still have to make all these changes: Author

A female fallacy?

Author Anne-Marie Slaughter responds to the 1.2 million readers of her controversial article about women and work-life balance

MICHELLE CASTILLO

Metro World News

By many standards, Anne-Marie Slaughter — professor of politics and international affairs at Princeton University, former dean of Princeton's Woodrow Wilson School of Public and International Affairs and former director of policy planning for the U.S. State Department — has had it all. So, when she wrote an article in *The Atlantic* explaining how women can't have it all, it sparked a discourse on both sides of the debate.

More than 1.2 million people have come to *The Atlantic* to read Slaughter's piece, which has more than 2,000 comments and over 173,000 Facebook likes — making it the most read piece on *The Atlantic* site, and on track to be the most read ever.

Metro World News spoke to Slaughter about what she wished she clarified in the piece and how other generations might have interpreted the piece in different ways.

As a 25-year-old young professional who wants to have a career, I was intrigued by your article, and I know that a lot of people my age were as well. I noticed that you mentioned that you set it up in the wrong framework in a chat you had later on *The Atlantic*. Can you explain that a little bit more?

As I keep telling people, this is in part a generational thing. My



Anne-Marie Slaughter, author of *Why Women Still Can't Have it All*. GETTY IMAGES

generation having it all meant, my mother's generation had no option to work. My mother wanted to go to medical school, and she was told, "You're going to get married." That was pretty common.

My generation suddenly had options. We could go to law school and med school, and we could have the careers our mothers could not have, and we could have those careers and you could still have a family. And, that's what having it all meant.

So when I sent my article around to people of my generation as well as younger women, many of them wrote back and

said, "Look your message is women can't have it all — yet." In other words, we can, but we still have to make all these changes.

That's the message I was trying to drive home, which is you can have the same choices that men do. You make those choices that men do, that's fine, but we need to make the following choices.

And for people my age?

What I see is for another generation, and maybe two more generations after me — Gen X and Gen Y at least — you hear that very differently, right? You don't understand where it

comes from. You can't imagine a world where women had no options. So to you it sounds like — you know, I think Rebecca (Traister of *Salon*) was right — it sounds picky, it sounds particularly bad to talk about having it all when so many Americans are in danger of what they have at all. They have much less.

So I think the framework needs to change, but what I said this morning, what I've said in tweets and interviews is that it's not that easy to talk about it. Yes, it's work-life balance, but it's still an issue that affects women more than men.

I thought the way to go about

having it all is to work as hard as you can, have as much as a career as you can until you reach your late 30s when you can decide to have children and then try to resume your career again when our children are 8, 9 or 10?

Two things: you can't wait until your late 30s to have kids. You just don't want to go through what my generation went through. I can't tell you everything women have written to me after the article to explain that you know that they got to where I got and wanted to have kids. You take a look at what happens after you're 35 to your fertility. For women like me, who miraculously through IVF (in-vitro fertilization) managed to have my first child and my pregnancy came pretty quickly, but there are women who didn't.

Even if you can, if there is any way to avoid it, you don't want to be there, you don't want to be having to go through and all the shots and technology and feeling pretty desperate at that point. It's hard to explain to a 25-year-old what a 35-year-old biological clock feels like, but it's real.

But the second point to your question, every parent I know will say to you in many ways they need you more when they're teenagers. It's very hard to believe when your kids are little because you just feel like "Oh my God, they're so needy. They can't feed themselves; they can't bathe themselves." You have to watch them all the time.

The difference is when they're teenagers, you don't have to be with them all the time. Half the time they don't want to be with you, but they do need the parenting which becomes not about time but about judgment, about how to exercise judgment about what fights to pick and what fights not to pick and when does your kid really need help and when

Why did she write it?

Getting passed modern guilt

"What caused me to write the article was suddenly getting these sort of negative messages from people and women suggesting that, 'gee it's disappointing that I wasn't able to stay the course. I hadn't been able to go the whole four years, I hadn't been able to be promoted'. And that makes you feel bad."

"That's why I want to say, no, wait a minute this is an incredibly important decision and one that I feel completely good about, except that I have to fight negative messages. And the women who are writing me who are saying thank you, are saying thank you because they feel so devalued when in fact they are making a choice to live up to their responsibilities as parents and to invest in the next generation and to do a whole lot of things as a society we should be celebrating them for not castigating them."

is it normal teenagehood. Let me put it this way: It's very hard to do that long distance.

So, you know I think ideally, the ideal would be to sort of make it as high as you can and then have kids in your early 30s. Take whatever time you need when they're young. Different mothers feel different ways about that, but at least hold open the possibility that when they hit their teens that you may well need to take a pause or a lull or a plateau.

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Richard Walls, designer and entrepreneur. PROVIDED

He's restoring lives one block at a time

Home is where his heart is. Richard Walls has used his designing expertise to do good in his 'hood



THE IN-CREDIBILITY FACTOR
Teresa Kruse
life@metronews.ca

Kindness over cash

"I never thought I'd become a social worker and a designer but my work is more rewarding to me than getting a big cheque at the end of the day."

Richard Walls

Richard Walls is a visionary entrepreneur who wears his heart on his sleeve.

He's also revitalizing Winnipeg's downtown, one old building at a time, while he gives people who are suffering on the street a new lease on life.

Walls enjoyed a tremendous career as a designer in the hospitality industry.

He also took the lead in restoring Winnipeg's warehouse district and along the way he turned an old hotel on Main Street into 40 rooms of safe and dry housing.

"We took the main floor room and turned it into a drop-in centre for people on the street to come in and get involved in arts and crafts. We found vast majority have mental health issues and are in recovery from drug and alcohol issues. We work with them to give them a more complete life."

I never thought I'd become a social worker and a designer but my work is more rewarding to me than getting a big cheque at the end of the day.

It's not about making

Secrets of success

Richard Wall's business tips

- There's nothing better than the apprenticeship model. Start small and get to know the business.
- Understand the people that work with you and deliver your ideas. Rather than be an expert, get your hands dirty and walk a mile in their shoes.
- Have honesty and integrity and remember that it's not about making a quick buck.
- Make sure you can add value to anything you get involved with.
- It's never about the money. Enjoy what you do and it'll never be work.

money it's about making a difference in life."

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4

SPORTS

Endurance

Canadians
outfront at
triathlon

Canadian triathletes overpowered the Edmonton triathlon on Sunday, claiming gold and silver in both the men's and women's races. Vancouver's Lauren Campbell and Sarah-Anne Brault of Levis, Que., earned the top spots in the women's race at the ITU Triathlon World Cup, with Bermuda's Flora Duffy taking bronze to prevent a Canuck podium sweep. On the men's side, Kyle Jones of Hamilton picked up his first World Cup win while Alexander Hinton of Kingston took silver. American Jarrod Shoemaker rounded out the podium.

THE CANADIAN PRESS

Mobile news



Heading into Major League Baseball's All-Star break, the Philadelphia Phillies may need more than four days to recover from a dreadful first half. The five-time NL East champions have lost 10 of 11 games and are 13 games under .500 (37-50). And the losing is taking its toll on players and manager Charlie Manuel. Scan the code for the story.

Federer back on top

Tennis. 30-year-old equals Pete Sampras for Wimbledon titles and reclaims No. 1 in world rankings

A Grand Slam title drought did indeed end in Sunday's historic and riveting Wimbledon final, only it was Roger Federer's lengthy-for-him gap between trophies that came to a close, rather than Britain's 76-year wait for a homegrown men's champion.

Making sure everyone knows he is still as capable as ever of brilliance on a tennis court — particularly one made of grass, and with a roof overhead — Federer came back to beat Andy Murray 4-6, 7-5, 6-3, 6-4 indoors on Centre Court for a record-tying seventh championship at the All England Club.

"It feels nice," Federer said, clutching the gold trophy only Pete Sampras has held as many times in the modern era. "It's like it never left me."

The victory also increased Federer's record total to 17 major titles after being stuck on No. 16 for over two years, and clinched a return to the top of the ATP rankings, overtaking Novak Djokovic, after an absence of a little more than two years. Federer's 286th week at

No. 1 ties Sampras for the most in history.

"He doesn't want to stop now. He knows he's going to continue to play well and try to break seven, and he could very well end up with eight or nine Wimbledon," Sampras said in a telephone interview. "I just think he's that much better than the other guys on grass, and he loves the court the way I loved that court. He's a great champion, a classy champion, and I'm really happy for him."

After a record seven consecutive Wimbledon finals from 2003-09, winning the first six, Federer lost in the quarter-finals in 2010 and 2011, then wasted two match points and a two-set lead against Djokovic in the U.S. Open semifinals last year, raising questions about whether he might be slipping.

"I really almost didn't try to picture myself with the trophy or try to think too far ahead, really," Federer said.

After losing in the semifinals each of the previous three years, Murray was the first British man to reach the final at Wimbledon since Bunny Austin in 1938, and was trying to become the hosts' first male title winner since Fred Perry in 1936.

Murray dropped to 0-4 in Grand Slam finals, three against Federer. Only one other man lost the first four major title matches of his ca-

Juniors

Canadians big winners on grass

Filip Peliwo made it a clean sweep for Canada in the junior singles finals at Wimbledon.

The 18-year-old from Vancouver beat Australia's Luke Saville 7-5, 6-4 on Sunday to win the boys' crown, a day after fellow Canuck Eugenie Bouchard won the girls' trophy.

The Westmount, Que., native also added the girls' doubles crown on Sunday as she and Taylor Townsend of the U.S. defeated Switzerland's Belinda Bencic and Croatia's Ana Konjuh 6-4, 6-3. The wins gave Canada an unprecedented three titles at a Grand Slam event.

THE CANADIAN PRESS



Roger Federer celebrates match point against Andy Murray on Sunday at Wimbledon in England. JULIAN FINNEY/GETTY IMAGES

reer: Ivan Lendl, who is coaching Murray now.

While Lendl never did win Wimbledon, perhaps Murray can take solace from knowing his coach did end up with eight Grand Slam titles.

"I'm getting closer," Murray told the crowd afterward, his voice cracking and tears flowing.

THE ASSOCIATED PRESS

Blue Jays slide into All-Star break with .500 record



Colby Rasmus celebrates with teammates after hitting a two-run home run against the Chicago White Sox Sunday in Chicago. NAM Y. HUIH/THE ASSOCIATED PRESS

The Toronto Blue Jays got the ball up in the air and then they got out of town with a good feeling in the last game before the All-Star break.

The Blue Jays, who lost 8 of their previous 12, hit four homers Sunday to end the Chicago White Sox's five-game winning streak with an 11-9 victory.

Colby Rasmus and Edwin Encarnacion had two-run homers in the first and Kelly Johnson and Jeff Mathis also connected on a windy day at U.S. Cellular Field when Chicago pitching yielded nine walks.

"We had a very good offensive day. High number of walks," manager John Farrell

Brett's back banged up

Third baseman Brett Lawrie was out of the Toronto Blue Jays' lineup on Sunday due to tightness in his lower back.

said as his team headed for four days off with a 43-43 record.

"First inning we put together Colby, who continues to swing the bat well, and Eddie with another big home run for us. We needed every run we could put on the board the way this turned out."

The first-place White Sox got a three-run homer from

Alex Rios and kept pecking away, but couldn't overcome the four-run first-inning deficit and go the All-Star break with a 47-38 record and a three-game lead in the AL Central.

Chicago manager Robin Ventura was ejected in the top of the ninth after charging to the plate to heatedly argue a ball and strike call with home-plate umpire D.J. Reyburn.

Jason Frasor (1-1), the third of five Blue Jays' relievers, was credited with the win and Casey Janssen pitched the final 1 2-3 innings for his 12th save in 13 chances. He gave up two ninth-inning singles before striking out Alejandro De Aza to end it. THE ASSOCIATED PRESS

Golf

Rookie gets first PGA Tour win

Rookie Ted Potter Jr. made a 4-foot birdie putt on the third hole of a playoff with Troy Kelly on Sunday to win the Greenbrier Classic for the 218th-ranked player's first PGA Tour victory.

THE ASSOCIATED PRESS

Tour de France

Pinot rides away from the pack

Thibaut Pinot gave France its first stage victory in the Tour de France on Sunday while Bradley Wiggins of Britain kept the overall lead. At 22, the Frenchman is the youngest rider in the main pack.

THE ASSOCIATED PRESS



Thibaut Pinot GETTY IMAGES

Honda Indy

Hunter-Reay wins third straight race

Ryan Hunter-Reay took the checkered flag Sunday at the Honda Indy Toronto for his third straight IndyCar victory. The race ended under a yellow caution flag after two collisions occurred following a restart.

THE ASSOCIATED PRESS

Formula 1

Webber makes late pass for win

Red Bull driver Mark Webber won the British Grand Prix on Sunday, overtaking Fernando Alonso late in the race to cut his rival's lead in the Formula One championship.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	51	33	.607	—
Baltimore	45	40	.529	6½
Tampa Bay	45	41	.523	7
Boston	43	42	.506	8½
Toronto	43	43	.500	9

CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	47	38	.553	—
Cleveland	44	41	.518	3
Detroit	44	42	.512	3½
Kansas City	37	47	.440	9½
Minnesota	36	48	.429	10½

WEST DIVISION				
	W	L	Pct	GB
Texas	51	34	.600	—
Los Angeles	48	38	.558	3½
Oakland	43	43	.500	8½
Seattle	36	51	.414	16

Sunday's results
Detroit 7, Kansas City 1
Tampa Bay 7, Cleveland 6
Toronto 11, Chicago White Sox 9
L.A. Angels 6, Baltimore 0
Oakland 2, Seattle 1, 13 innings
Minnesota at Texas
N.Y. Yankees at Boston
Saturday's results
N.Y. Yankees 6, Boston 1, 1st game
Detroit 8, Kansas City 7
Chicago White Sox 2, Toronto 0
Cleveland 7, Tampa Bay 3
Texas 4, Minnesota 3, 10 innings
Boston 9, N.Y. Yankees 5, 2nd game
L.A. Angels 3, Baltimore 0
Seattle 7, Oakland 1
Tuesday's game
All Times Eastern
All-Star Game at Kansas City, MO, 8:15 p.m.

ALL-STAR GAME ROSTERS
(x=starter; y=injured will not play, z=voted final spot)

AMERICAN LEAGUE

PITCHERS
Ryan Cook, rh, Oakland
z-Yu Darvish, rh, Texas
Matt Harrison, lh, Texas
Felix Hernandez, rh, Seattle
Jim Johnson, rh, Baltimore
Joe Nathan, rh, Texas
Jake Peavy, rh, Chicago
Chris Perez, rh, Cleveland
David Price, lh, Tampa Bay
Fernando, Rodney, rh, Tampa Bay
y-CC Sabathia, lh, New York
Chris Sale, lh, Chicago White Sox
Justin Verlander, rh, Detroit
Jered Weaver, rh, Los Angeles
y-C.J. Wilson, lh, Los Angeles
CATCHERS
Joe Mauer, Minnesota
x-Mike Napoli, Texas
Matt Wieters, Baltimore
INFIELDERS
Elvis Andrus, Texas
x-Adrian Beltre, Texas
Asdrubal Cabrera, Cleveland
Miguel Cabrera, Detroit
x-Robinson Cano, New York
x-Prince Fielder, Detroit
x-Derek Jeter, New York
Ian Kinsler, Texas
Paul Konerko, Chicago White Sox
OUTFIELDERS
x-Jose Bautista, Toronto
x-Curtis Granderson, New York
x-Josh Hamilton, Texas
Adam Jones, Baltimore
Mike Trout, Los Angeles
Mark Trumbo, Los Angeles
Designated Hitters
Billy Butler, Kansas City
Adam Dunn, Chicago White Sox
x-David Ortiz, Boston

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Washington	49	34	.590	—
Atlanta	46	39	.541	4
New York	46	40	.535	4½
Miami	41	44	.482	9
Philadelphia	37	50	.425	14

CENTRAL DIVISION				
	W	L	Pct	GB
Pittsburgh	48	37	.565	—
Cincinnati	47	38	.553	1
St. Louis	46	40	.535	2½
Milwaukee	40	45	.471	8
Chicago	33	52	.388	15
Houston	33	53	.384	15½

WEST DIVISION				
	W	L	Pct	GB
Los Angeles	47	40	.540	—
San Francisco	46	40	.535	½
Arizona	42	43	.494	4
San Diego	34	53	.391	13
Colorado	33	52	.388	13

Sunday's results
Chicago Cubs 7, N.Y. Mets 0
Atlanta 4, Philadelphia 3
Colorado 4, Washington 3
Pittsburgh 13, San Francisco 2
Milwaukee 5, Houston 3, 10 innings
St. Louis 5, Miami 4
Cincinnati 4, San Diego 2
Arizona 7, L.A. Dodgers 1
Saturday's results
Washington 4, Colorado 1
Houston 6, Milwaukee 3
Pittsburgh 3, San Francisco 1
N.Y. Mets 3, Chicago Cubs 1
St. Louis 3, Miami 2
Atlanta 6, Philadelphia 3
Cincinnati 6, San Diego 5
Arizona 5, L.A. Dodgers 3

NATIONAL LEAGUE

PITCHERS
Matt Cain, rh, San Francisco
Aroldis Chapman, lh, Cincinnati
R.A. Dickey, rh, New York
Gio Gonzalez, lh, Washington
Cole Hamels, lh, Philadelphia
Joel Hanrahan, rh, Pittsburgh
Clayton Kershaw, lh, Los Angeles
Craig Kimbrel, rh, Atlanta
Lance Lynn, rh, St. Louis
Wade Miley, lh, Arizona
Jonathan Papelbon, rh, Philadelphia
Stephen Strasburg, rh, Washington
Huston Street, rh, San Diego
CATCHERS
y-Yadier Molina, St. Louis
x-Buster Posey, San Francisco
Carlos Ruiz, Philadelphia
INFIELDERS
Jose Altuve, Houston
Starlin Castro, Chicago Cubs
y-Ian Desmond, Washington
z-David Freese, St. Louis
x-Rafael Furcal, St. Louis
Chipper Jones, Atlanta
Bryan LaHair, Chicago
x-Pablo Sandoval, San Francisco
x-Dan Uggla, Atlanta
x-Joey Votto, Cincinnati
David Wright, New York
OUTFIELDERS
x-Carlos Beltran, St. Louis
Michael Bourn, Atlanta
Ryan Braun, Milwaukee
Jay Bruce, Cincinnati
x-Melky Cabrera, San Francisco
Carlos Gonzalez, Colorado
Bryce Harper, Washington
Matt Holliday, St. Louis
y-Matt Kemp, Los Angeles
Andrew McCutchen, Pittsburgh
y-Giancarlo Stanton, Miami

BLUE JAYS 11, WHITE SOX 9

Toronto	ab	r	h	bi	Chicago	ab	r	h	bi
RDavis lf	3	2	0	0	De Aza cf	5	3	1	0
Rasms cf	4	2	2	3	Youkilis 3b	4	1	3	1
Bautist rf	3	2	1	1	A.Dunn 1b	4	1	0	1
Encmc 1b	4	1	1	2	Konerk dh	4	1	0	0
Lind dh	4	0	1	1	Rios rf	5	3	3	4
YEsorc ss	5	1	1	0	AllRmr ss	5	0	3	2
KJhnsn 2b	4	1	1	2	Viciedo lf	4	0	2	1
Vizquel 3b	5	1	1	0	Flows c	3	0	0	0
Mathis c	5	1	2	1	Przyns ph-c	1	0	0	0
Bchm 2b	5	0	2	0					
Totals	37	11	10	10	Totals	40	9	14	9
Toronto	412	103	000	11					
Chicago	300	041	100	9					
E—Vizquel (1), DP—Toronto 1, LOB—Toronto 9, Chicago 10. 2B—Rasmus (18), Bautista (12), Lind (8), Mathis (5), De Aza (16), Youkilis (9), Rios (2), Viciedo (8). 3B—AlRamirez (3), HR—Rasmus (17), Encarnacion (23), K.Johnson (10), Mathis (5), Rios (12), SB—R.Davis (3), Vizquel (2). SF—Viciedo.									

Toronto	IP	H	R	ER	BB	SO
Cecil	4-1:3	6	7	6	3	5
J.Chavez	2-3	1	0	0	0	2
L.Perez	1	4	2	2	0	1
Fraser W,1-1,H,12	1	0	0	0	1	2
Oliver H,10	1-3	1	0	0	0	1
Janssen S,12-13	12-3	2	0	0	0	3
Chicago						
Axelrod L,0-2	3	6	7	7	2	4
Omogrosso	21-3	1	2	2	3	1
Septimo	0	0	1	1	1	0
N.Jones	2-3	2	1	1	1	0
H.Santiago	3	1	0	0	2	2
T—3:48. A—27,190 (40,615).						

GOLF

PGA GREENBRIER CLASSIC
At White Sulphur Springs, W.Va.
Par 70 (34-36)
Final Round
x-Ted Potter, Jr., \$1,098,000 69-67-64-64—264
Yor Khei, \$658,800 69-67-62-66—264
Charlie Beljan, \$353,800 70-62-67-67—266
Charlie Wi, \$353,800 67-66-68-65—266
Daniel Summerhays, \$244,000 68-67-68-64—267
Martin Flores, \$219,600 64-68-69-67—268
Roberto Castro, \$177,510 71-64-71-63—269
Ken Duke, \$177,510 66-68-65-70—269
Kevin Na, \$177,510 69-67-68-66—269
Sean O'Hair, \$177,510 66-68-69-66—269
Webb Simpson, \$177,510 65-66-65-73—269
John Daly, \$119,560 68-67-70-65—270
Graham DeLaet, \$119,560 67-70-64-69—270
David Hearn, \$119,560 69-68-67-66—270
Jerry Kelly, \$119,560 66-66-70-68—270

U.S. WOMEN'S OPEN

At Kohler, Wisc.
Par 72
Final Round
Na Yeon Choi, \$585,000 71-72-65-73—281
Amy Yang, \$350,000 73-72-69-71—285
Sandra Gal, \$218,840 71-70-74-74—289
Il Hee Lee, \$128,487 72-71-77-70—290
Shanshan Feng, \$128,487 74-74-71-71—290
Giulia Sergas, \$128,487 74-71-73-72—290
Paula Creamer, \$94,736 73-73-71-74—291
Mika Miyazato, \$94,736 71-71-73-76—291
Se Ri Pak, \$72,596 72-73-76-71—292
Suzann Pettersen, \$72,596 71-68-78-75—292
Cristie Kerr, \$72,596 69-71-77-75—292
Inbee Park, \$72,596 71-70-76-75—292
Nicole Castrale, \$72,596 73-70-74-75—292
Cindy LaCrosse, \$55,161 73-74-74-72—293
So Yeon Ryu, \$55,161 74-71-74-74—293
Also
Lorie Kane, \$8,055 76-73-82-76—307
Sue Kim, \$7,784 75-72-85-81—313

CYCLING

TOUR DE FRANCE

At Porrentruy, France
Leading results Sunday from the eighth stage of the Tour de France, a 157.5-kilometre-hilly ride to the Jura mountains from Belfort to Porrentruy, with seven categorized climbs, four successive Category 2 and a Category 1 near the finish; Monday's 41.5-km ninth stage runs from Arc-et-Senans to Besancon):
1. Thibaut Pinot, France, FDJ-Big Mat, three hours, 56 minutes, 10 seconds; 2. Cadel Evans, Australia, BMC Racing, 0:26 behind; 3. Tony Gallopin, France, RadioShack-Nissan, same time; 4. Bradley Wiggins, Britain, Sky Proccycling, same time; 5. Vincenzo Nibali, Italy, Liquigas-Cannondale, same time; 6. Jurgen Van den Broeck, Belgium, Lotto Belisol, same time; 7. Chris Froome, Britain, Sky Proccycling, same time; 8. Denis Menchov, Russia, Katusha, same time; 9. Haimar Zubeldia, Spain, RadioShack-Nissan, same time; 10. Frank Schleck, Luxembourg, RadioShack-Nissan, 0:30.
11. Christopher Horner, U.S., RadioShack-Nissan, same time; 12. Fredrik Kessiakoff, Sweden, Astana, 0:47; 13. Nicolas Roche, Ireland, France, AG2R La Mondiale, 1:25; 14. Chris Anker Sorensen, Denmark, Team Saxo Bank-Tinkoff Bank, same time; 15. Maxime Monfort, Belgium, RadioShack-Nissan, same time; 16. Pierre Rolland, France, Team Europcar, same time; 17. Michele Scarponi, Italy, Lampre-ISD, same time; 18. Tejay Van Garderen, U.S., BMC Racing, same time; 19. Rui Costa, Portugal, Movistar, same time; 20. Levi Leipheimer, U.S., Omega Pharma-QuickStep, same time.
Also
30. Andreas Kloeend, Germany, RadioShack-Nissan, 2:21; Samuel Sanchez, Spain, Euskaltel-Euskadi, withdrew.
Overall Standings (After eighth of 20 stages)
1. Bradley Wiggins, Britain, Sky Proccycling, 38 hours, 17 minutes, 56 seconds; 2. Cadel Evans, Australia, BMC Racing, 0:10 behind; 3. Vincenzo Nibali, Italy, Liquigas-Cannondale, 0:16; 4. Denis Menchov, Russia, Katusha, 0:54; 5. Haimar Zubeldia, Spain, RadioShack-Nissan, 0:59; 6. Chris Froome, Britain, Sky Proccycling, 1:32; 7. Maxime Monfort, Belgium, RadioShack-Nissan, 2:08; 8. Jurgen Van den Broeck, Belgium, Lotto Belisol, 2:11; 9. Nicolas Roche, Ireland, France, AG2R La Mondiale, 2:21; 10. Rein Taaramae, Estonia, Cofidis, 2:27.
11. Tony Gallopin, France, RadioShack-Nissan, 3:13; 12. Rui Costa, Portugal, Movistar, 3:24; 13. Thibaut Pinot, France, FDJ-Big Mat, 3:41; 14. Christopher Horner, U.S., RadioShack-Nissan, 3:43; 15. Frank Schleck, Luxembourg, RadioShack-Nissan, 3:47; 16. Janez Brajkovic, Slovenia, Astana, 4:03; 17. Tejay Van Garderen, U.S., BMC Racing, 4:08; 18. Ivan Basso, Italy, Liquigas-Cannondale, 4:12; 19. Andreas Kloeend, Germany, RadioShack-Nissan, 4:24; 20. Pierre Rolland, France, Team Europcar, 4:26.
Note: Ryder Hesjedal of Victoria has withdrawn from the Tour de France due to injury suffered on Friday.

TENNIS

WIMBLEDON

At London
Sunday's results
Men
Singles
Championship
Roger Federer (3), Switzerland, def. Andy Murray (4), Britain, 4-6, 7-5, 6-3, 6-4.
Mixed Doubles
Championship
Mike Bryan and Lisa Raymond (2), U.S., def. Leander Paes, India, and Elena Vesnina (4), Russia, 6-3, 5-7, 6-4.
Juniors
Boys
Singles
Championship
Filip Pelivo (4), Vancouver, def. Luke Saville (1), Australia, 7-5, 6-4.
Girls
Doubles
Championship
Eugenie Bouchard, Westmount, Que., and Taylor Townsend (1), U.S., def. Belinda Bencic, Switzerland, and Ana Konjuh (7), Croatia, 6-4, 6-3.
Saturday's results
Men
Doubles
Championship
Jonathan Marray, Britain, and Frederik Nielsen, Denmark, def. Robert Lindstedt, Sweden, and Horia Tecau (5), Romania, 6-4, 6-4, 7-6 (5), 6-7 (5), 6-3.
Women
Singles
Championship
Serena Williams (6), U.S., def. Agnieszka Radwanska (3), Poland, 1-6, 7-5, 6-2.
Doubles
Championship
Serena and Venus Williams, U.S., def. Andrea Hlavackova and Lucie Hradecka (6), Czech Rep., 7-5, 6-4.
Juniors
Girls
Singles
Championship
Eugenie Bouchard (5), Westmount, Que., def. Elina Svitolina (3), Ukraine, 6-2, 6-2.

Honda, 7, mechanical.

CFL

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Toronto	2	1	1	0	54	55	2		
Montreal	2	1	1	0	51	68	2		
Hamilton	2	0	2	0	52	82	0		
Winnipeg	2	0	2	0	46	74	0		

WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
B.C.	2	2	0	0	72	52	4		
Saskatchewan	1	1	0	0	43	16	2		
Edmonton	1	1	0	0	19	15	2		
Calgary	2	1	1	0	74	49	2		

WEEK TWO
All Times Eastern
Sunday's result
Edmonton at Saskatchewan
Saturday's result
Toronto 39 Calgary 36
Friday's results
B.C. 39 Hamilton 36
Montreal 41 Winnipeg 30

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	18	10	5	3	23	17	33
D.C. United	18	10	5	3	34	22	33
New York	17	9	4	4	32	25	31
Chicago	18	8	6	4	21	21	28
Houston	18	6	5	7	22	24	25
Columbus	15	6	5	4	16	12	22
New England	16	5	7	4	22	19	19
Montreal	19	5	11	3	25	35	18
Philadelphia	16	5	9	2	18	17	17
Toronto	17	2	11	4	18	33	10

Note: Three points for a win, one for a tie.

Sunday's results
Philadelphia 3 Toronto 0
Los Angeles 2 Chicago 0
New York at New England
Columbus at Montreal
Saturday's results
Vancouver 0 Chivas USA 0
Houston 0 Kansas City 0
San Jose 0 Dallas 0
Real Salt Lake 3 Portland 0
Seattle 2 Colorado 1

NASL

Saturday's results
Fort Lauderdale 3 Carolina 3
Edmonton 1 Puerto Rico 1
Atlanta 2 Minnesota 0

CSL

Sunday's results
Mississauga at Montreal Impact Academy
Brampton at York Region
Toronto Croatia at Waterloo
Saturday's results
Mississauga 2 Kingston 0
TFC Academy 2 Niagara 0
Friday's results
Brantford 5 North York 2
SC Toronto 3 Serbian White Eagles 1



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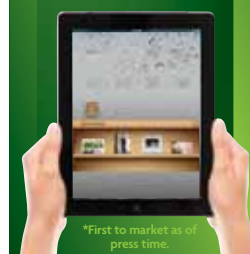
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Sharability



easy

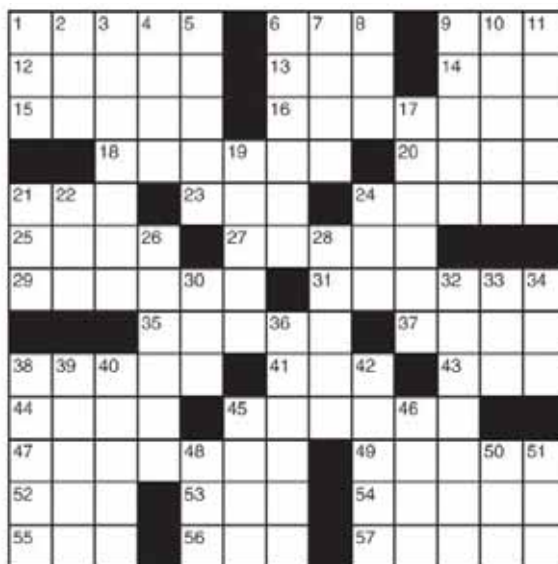
hard

Across

- 1 Advice
- 6 Morse morsel
- 9 Mel of baseball lore
- 12 1960s jacket style
- 13 Rangers' play area
- 14 Spoon-bender Geller
- 15 Ermine
- 16 Eerie figure
- 18 Censors, in a way
- 20 Chills and fever
- 21 Robert Mueller's org.
- 23 Prior night
- 24 Dalmatian pattern
- 25 Outer garment
- 27 "He's — nowhere man"
- 29 Redeemed a check
- 31 Hebrew letters
- 35 Saxophonist's supply
- 37 "Scat!"
- 38 Biz bigwig
- 41 Insurrectionist, for short
- 43 Toss into the mix
- 44 Dogfight participants
- 45 Nab
- 47 PR event
- 49 Lessen
- 52 Started
- 53 Blackbird
- 54 Catcalls?
- 55 Before
- 56 Understanding

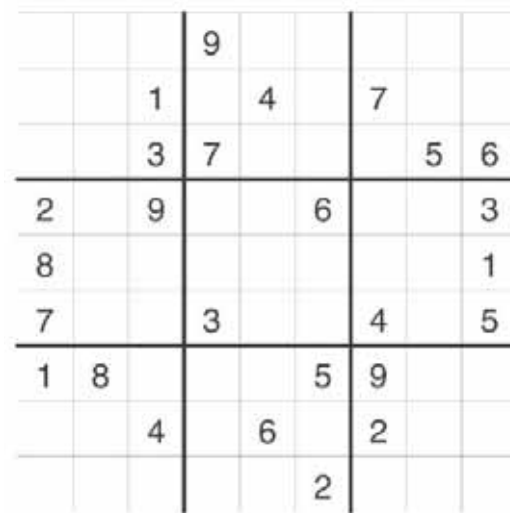
Down

- 1 Officeholders
- 2 Trawler equipment
- 3 Fears
- 4 Caspian feeder
- 5 Private student
- 6 Ladle
- 7 Pulitzer contempor-ary
- 8 Darjeeling, e.g.
- 9 Expenditure
- 10 Angler's prize
- 11 7-Down's paper
- 17 Campania's capital
- 19 Duck
- 21 Govt. agency
- 22 Feathery accessory
- 24 Frivolous one in an old song
- 26 Fencing move
- 28 Museum supporter
- 30 Conger
- 32 Old Egyptian ruler
- 33 Scuttle
- 34 Turf
- 36 Visit briefly
- 38 Syrup flavor
- 39 Earth tone
- 40 Crystal-lined rock
- 42 Point a finger at



- 45 Traffic pylon
- 46 Encourage evildoers
- 48 Squirrel's home
- 50 Teeter-totter quorum

51 Curvaceous character?



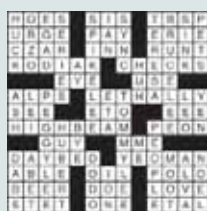
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

4	3	9	5	1	2	6	8	7
6	2	5	8	3	7	4	9	1
1	7	8	9	4	5	3	5	2
8	9	7	3	5	1	2	4	6
5	1	4	6	2	8	7	3	9
2	6	3	4	7	9	5	1	8
7	5	1	2	9	4	9	6	3
9	4	2	1	6	3	8	7	5
3	8	6	7	9	5	1	2	4

Friday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

EDVT P AYCUL-LBJBZ KA
QLVPZVS ZDPZ CWBEA WPTS.
EKWW KZ JV PT PYZBXPZVS
ZKWWVL XPQDKTV?

Yesterday's Cryptoquip: IF A GROUP OF PERCUSSIONISTS WENT AROUND SWIPING THINGS, SHOULD IT BE CALLED A STEAL BAND?
Today's Cryptoquip Clue: K equals I



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today

24°/14°
Sunny

Tuesday

26°/14°
Mainly sunny

Know what the weather will be 14 days from now. Check the 14 day trend.

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Horoscope

♈ Aries | March 21 - April 20.

There have been so many good times of late that today's events may seem a bit of a letdown. Don't worry not to be guided by mob mentality today. Common sense will take you further.

♊ Gemini | May 22 - June 20.

There is something you have wanted to do for months, maybe years, but somehow never quite got around to starting. Act now

♋ Cancer | June 21 - July 22.

The more others insist that you need to shift your position the more you should insist on staying right where you are.

♌ Leo | July 23 - Aug. 22.

Adopt a wait and see attitude today and don't let others pressure you into making a snap decision.

♍ Virgo | Aug. 23 - Sept. 22.

You are on the right track and making considerable progress, so get rid of that gloomy outlook you picked up along the way and believe that wonderful things are going to happen in the very near future — and they will.

♎ Libra | Sept. 23 - Oct. 22.

You may not approve of what a friend or colleague is up to but what can you do about it?

♏ Scorpio | Oct. 23 - Nov. 21.

Don't give in to feelings of self-pity today because there is so much you can do to improve your life.

♐ Sagittarius | Nov. 22 - Dec. 21.

It would appear that someone is plotting behind the scenes and while you may not be their target you still need to take steps to protect yourself.

♑ Capricorn | Dec. 22 - Jan 20.

Is it too late to change the outcome of a situation that has been gaining momentum for quite some time?

♒ Aquarius | Jan. 21 - Feb 18.

There is no point trying to tell certain individuals where they are going wrong because they won't listen

♓ Pisces | Feb. 19 - March 20.

One of the most important things in life is that you are true to your own feelings, and if you don't feel it is right to help someone whose actions you disapprove of today then by all means turn away.

SALLY BROMPTON



Caption Contest

"Eat your heart out, Puss in Boots!"
Demetrios

APICHAET WEERAWONG/ THE ASSOCIATED PRESS

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07 MAZDA CX-7 AWD
LOADED, A/C, AUTO • 77008km
st:34100 • **\$14,670** • bw:\$161*

10 MAZDA 3
LOADED, A/C, AUTO • 50876km
st:33096-A • **\$14,380** • bw:\$122***

07 VOLVO S40
LOADED, A/C, AUTO • 87224km
st:33215 • **\$15,960** • bw:\$175*

07 TUCSON GLS
LOADED, A/C, AUTO • 91780km
st:34027 • **\$8,970** • bw:\$99*

10 HONDA INSIGHT HYBRID
LOADED, A/C, AUTO • 53737km
st:31958-A • **\$17,800** • bw:\$151***

11 IMPALA LS
LOADED, A/C • 51554km
st:33008 • **\$14,850** • bw:\$126***

08 NISSAN VERSA
LOADED, A/C, AUTO • 91712km
st:33909 • **\$8,940** • bw:\$98*

11 TOWN COUNTRY
STOW-N-GO, NAV, LOADED • 21776km
st:33931 • **\$28,850** • bw:\$230***

07 SORENTO LX 4X4
LOADED, A/C, AUTO • 109074km
st:32813-A • **\$10,850** • bw:\$119**

08 ACURA TL
LOADED, A/C, ROOF, LTHR • 86737km
st:33977 • **\$18,670** • bw:\$205*

09 HONDA FIT
LOADED, A/C • 57403km
st:32741-A • **\$12,960** • bw:\$124**

08 PONTIAC VIBE
A/C, STD • 86574km
st:33272 • **\$9,640** • bw:\$105*

10 CHRYSLER 300 TOURING
LOADED, A/C • 37776km
st:32861 • **\$16,750** • bw:\$142***

08 KIA RONDO EX
LOADED, A/C, AUTO • 87121km
st:33324 • **\$9,970** • bw:\$109*

08 BMW 128i COUPE
LOADED, A/C, ROOF, LTHR • 78474km
st:33071 • **\$21,870** • bw:\$229*

07 NISSAN QUEST
LOADED, A/C, AUTO • 95995km
st:32409 • **\$13,650** • bw:\$150*

08 HONDA ACCORD
LOADED, A/C, AUTO • 107112km
st:32664-A • **\$13,750** • bw:\$151*

08 MAZDA B4000 SE V6 4X4
LOADED, A/C, AUTO • 94501km
st:33823 • **\$14,950** • bw:\$164*

09 NISSAN ROGUE
LOADED, A/C, AUTO • 60968km
st:32613-A • **\$16,950** • bw:\$161**

08 PONTIAC TORRENT
LOADED, A/C, AUTO • 75537km
st:33159 • **\$13,380** • bw:\$147*

07 SANTA FE
LOADED, A/C, AUTO • 81806km
st:33289 • **\$13,870** • bw:\$152*

08 CHEVROLET MALIBU LT
LOADED, A/C • 31996km
st:33873 • **\$12,390** • bw:\$136*

08 MAZDA TRIBUTE
LOADED, A/C • 72450km
st:33919 • **\$10,670** • bw:\$117*

07 FORD EDGE SEL AWD
LOADED, A/C, LTHR, AUTO • 95433km
st:32926-A • **\$17,850** • bw:\$196*

07 CADILLAC CTS
LOADED, A/C, LTHR • 64065km
st:33383 • **\$16,930** • bw:\$186*

08 BMW X3 AWD
LOADED, A/C, ROOF, LTHR • 51156km
st:33285 • **\$29,650** • bw:\$310*

08 SAAB 9-3 2.0T
LOADED, ROOF, LTHR, AUTO • 90901km
st:33488 • **\$13,980** • bw:\$153*

10 TOYOTA COROLLA CE
LOADED, A/C, AUTO • 65320km
st:32948 • **\$12,950** • bw:\$110***

08 FORD FUSION SE
LOADED, A/C, AUTO • 78001km
st:33400 • **\$11,950** • bw:\$131*

09 AVEO LS
A/C, AUTO • 66333km
st:31053-A • **\$8,820** • bw:\$84**

08 FORD ESCAPE XLT
LOADED, A/C, AUTO • 93583km
st:33089 • **\$13,650** • bw:\$150*

09 FORESTER AWD
LOADED, A/C, AUTO • 113766km
st:33820 • **\$14,860** • bw:\$141**

11 SCION XD
LOADED, A/C, AUTO • 26280km
st:33854 • **\$16,970** • bw:\$144***

11 FORD FIESTA SE
LOADED, A/C, AUTO • 50713km
st:33517 • **\$13,980** • bw:\$118***

10 SUZUKI SX4 LE
LOADED, A/C, AUTO • 60387km
st:32750 • **\$11,970** • bw:\$101***

11 HYUNDAI SONATA
LOADED, A/C, MAGS, AUTO • 56556km
st:32771 • **\$17,950** • bw:\$152***

10 EQUINOX LS AWD
LOADED, A/C, AUTO • 63009km
st:33050 • **\$18,850** • bw:\$160***

08 HYUNDAI ELANTRA GL
STD • 34056km
st:33047 • **\$8,450** • bw:\$92*

11 SMART FORTWO
LOADED, PANORAMIC ROOF • 23464km
st:33682 • **\$13,670** • bw:\$116***

07 HYUNDAI ACCENT GLS
STD • 102442km
st:33670-A • **\$5,950** • bw:\$65*

07 NISSAN ALTIMA 2.5SL
LOADED, A/C, LTHR, AUTO • 76686km
st:33835 • **\$11,930** • bw:\$131*

10 SENTRA XTRONIC CVT
LOADED, A/C, AUTO • 81934km
st:33941 • **\$11,670** • bw:\$99***

08 DODGE NITRO R/T 4WD
LOADED, A/C • 111226km
st:12090-A • **\$13,650** • bw:\$150*

07 TRAILBLAZER 4WD
LOADED, A/C, ROOF • 79210km
st:33199 • **\$14,870** • bw:\$163*

11 DODGE AVENGER SXT
LOADED, A/C, ROOF, AUTO • 24624km
st:33540 • **\$16,850** • bw:\$143***

08 NISSAN MAXIMA 3.5SE
LOADED, A/C, AUTO • 89027km
st:34120 • **\$14,870** • bw:\$163*

08 VOLKSWAGEN RABBIT
LOADED, A/C, AUTO • 83644km
st:33925 • **\$11,670** • bw:\$128*

09 TOYOTA MATRIX
LOADED, A/C • 68124km
st:33622 • **\$12,960** • bw:\$123**

08 ACURA CSX
LOADED, A/C, LTHR, ROOF • 81716km
st:33762 • **\$14,970** • bw:\$164*

08 MINI COOPER CLUBMAN
LOADED, LTHR, ROOF • 70545km
st:33687 • **\$18,650** • bw:\$205*

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10 Sebring Touring

• CONVERTIBLE,
Loaded, A/C
• st: 33209
• km: 17028

\$22,850
\$182***
Bi-weekly



10 Mustang

• CONVERTIBLE,
Loaded, Lthr
• st: 33737
• km: 37399

\$24,890
\$198***
Bi-weekly



07 PT-Cruiser Coupe

• CONVERTIBLE,
Loaded, A/C
• st: 33497
• km: 85621

\$11,650
\$128***
Bi-weekly



09 Audi A4 Quattro

• CONVERTIBLE,
AWD, Loaded, Lthr
• st: 33874
• km: 23268

\$38,850
\$350***
Bi-weekly



06 New Beetle

• CONVERTIBLE,
Loaded, A/C
• st: 33914
• km: 65487

\$12,650
\$139***
Bi-weekly



11 Chrysler 200

• CONVERTIBLE,
Loaded, A/C
• st: 33757
• km: 14903

\$24,620
\$196***
Bi-weekly



11 SUZUKI KIZASHI
LOADED, A/C, AUTO • 34328km
st:33619 • **\$16,970** • bw:\$144***

12 FIAT 500 SPORT
LOADED, A/C, ROOF, LTHR • 16994km
st:34028 • **\$18,970** • bw:\$161***

07 VOLKSWAGEN GOLF
AUTO • 84893km
st:32513 • **\$9,960** • bw:\$109*

11 LANCER SPORTBACK
LOADED, A/C • 20170km
st:34002 • **\$16,950** • bw:\$144***

07 MAZDA 6 SPORT
LOADED, A/C, AUTO • 52699km
st:34111 • **\$11,810** • bw:\$130*

10 DODGE CHARGER
LOADED, A/C, AUTO • 63881km
st:12190-A • **\$14,650** • bw:\$125***

08 CHEVROLET COBALT LS
AUTO • 54483km
st:33740 • **\$8,350** • bw:\$91*

11 DODGE CALIBER SXT
LOADED, A/C, AUTO • 18847km
st:34004 • **\$14,350** • bw:\$122***

09 TOYOTA VENZA AWD
LOADED, A/C, AUTO • 22487km
st:31787 • **\$24,850** • bw:\$224**

07 CHEVROLET OPTRA
STD • 92295km
st:12138-A • **\$5,670** • bw:\$62*

08 INFINITI EX35 AWD
LOADED, A/C, ROOF, LTHR • 105315km
st:33822 • **\$21,880** • bw:\$229*

07 VOLKSWAGEN JETTA CITY
LOADED, A/C, AUTO • 64761km
st:32266 • **\$10,950** • bw:\$120*

08 JEEP COMPASS SPORT
STD • 68815km
st:32457 • **\$10,650** • bw:\$117*

07 BENZ B200 TURBO
LOADED, A/C, AUTO • 45602km
st:32643 • **\$18,870** • bw:\$207*

06 NISSAN X-TRAIL XE
LOADED, A/C, AUTO • 73849km
st:31654 • **\$10,950** • bw:\$117*

08 NISSAN MAXIMA 3.5SE
LOADED, A/C, AUTO • 89027km
st:34120 • **\$14,870** • bw:\$163*

08 VOLKSWAGEN RABBIT
LOADED, A/C, AUTO • 83644km
st:33925 • **\$11,670** • bw:\$128*

09 TOYOTA MATRIX
LOADED, A/C • 68124km
st:33622 • **\$12,960** • bw:\$123**

08 ACURA CSX
LOADED, A/C, LTHR, ROOF • 81716km
st:33762 • **\$14,970** • bw:\$164*

08 MINI COOPER CLUBMAN
LOADED, LTHR, ROOF • 70545km
st:33687 • **\$18,650** • bw:\$205*

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